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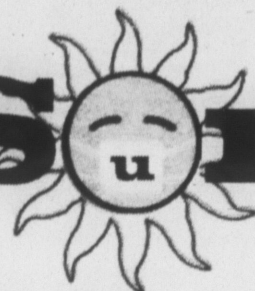
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The Quincy Sun



Historic Quincy's Hometown Weekly Newspaper Since 1968

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SYMBOLS of the SEASON



RABBI, DR. ALFRED BEN-JAMIN (top), Congregation Beth Shalom of the Blue Hills, was the featured speaker at a Hanukkah ceremony Dec. 10 at the Hancock-Adams Common. The ceremony marked the beginning of Hanukkah with the traditional lighting of a large Menorah, a seven-branched candelabrum. The first two lights were illuminated Dec. 10 and others will be lit as the celebration continues through Dec. 18. Hanukkah is the Jewish eight-day, wintertime "festival of lights," celebrated with a nightly menorah lighting, traditional foods, games and gifts. The Menorah has been placed on one side of the James R. McIntyre Government Center (old City Hall). On the other side of the building is a Nativity Scene (at left). In the Christian tradition, the scene depicts the birth of Jesus. This nativity scene was presented by the Catholic Parishes of Quincy in memory of Fr. Cornelius Heery, late pastor of Sacred Heart Church. Quincy Sun Photos/Robert Bosworth

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More Quincy news:

The Quincy Sun.com



Weight Loss: Reality And Recommendations

Practical Fitness With Wayne L. Westcott

By WAYNE WESTCOTT

Based on body mass index (BMI), more than 70 percent of American adults are classified as overweight or obese.

However, this height and weight calculation seriously underestimates the number of adults who have too much fat and too little muscle. This is due to the fact that men and women who do not perform regular resistance exercise lose between 5 and 10 pounds of muscle each decade of life.

Consequently, a non-strength training individual who weighs the same at age 60 as at age 20 has at least 20 pounds less muscle and 20 pounds more fat, even though the BMI number is exactly the same. This represents a 40-pound change in body composition that has serious consequences with respect of health, fitness, and physical function.

Additionally, muscle loss results in resting metabolic rate reduction of 2 to 4 percent per decade. Because resting metabolism is responsible for up to 70 percent of daily energy expenditure in non-exercising adults, metabolic slowdown leads to fat gain.

The most prevalent approach to fat gain is a low-calorie diet plan. According to the American Medical Association, about 70 percent of American adults are eating reduced calorie diets to attain a more desirable body weight. Although dieting is a productive means for temporarily reducing body weight, it is essentially ineffective for maintaining a lower body weight.

Research clearly demonstrates that almost all successful dieters regain the weight they lost within a relatively short period of time. This undesirable

weight regain is largely due to the increased rate of muscle loss and metabolic slowdown that occurs during dieting. Research reveals that 20 to 25 percent of the weight lost through dieting is muscle tissue, which is accompanied by a 5 to 10 percent reduction in resting metabolism. Consequently, dieting exacerbates two of the major factors responsible for fat gain in the first place, namely muscle loss and metabolic rate reduction.

With this in mind, it makes sense to couple a sensible diet plan, (effective for losing fat), with a reasonable resistance training program (effective for increasing muscle and metabolism). We recently conducted a research study to determine if a properly designed exercise and nutrition program could concurrently decrease fat and increase muscle to

facilitate both weight loss and weight maintenance, by reversing the progressive fat gain and muscle loss associated with inactive aging.

Weight Loss Program

Our 6-month weight loss program consisted of 3 complementary components: (1) reduced calorie consumption; (2) higher protein intake; (3) combined strength and endurance exercise. To avoid excessive calorie restriction, our research participants followed a moderate diet plan (1,500 - 1,800 daily calories for men; 1,200 - 1,500 daily calories for women). To avoid detrimental protein reduction, our study participants increased their daily protein intake (0.7 grams per pound of desired body weight). To avoid excessive energy utilization, our research participants performed relatively brief exercise sessions (20 minutes of resistance train-

ing and 20 minutes of aerobic activity), 2 or 3 days per week.

This basic and practical intervention program enabled our study participants to lose 14 pounds of fat and add 4 pounds of muscle, for an 18-pound improvement in their body composition. In addition to significant weight loss, our program participants increased their muscle strength and decreased their waist girth, hip girth, blood pressure, and blood sugar.

Weight Maintenance Program

However, these impressive 6-month results are only as good as their sustainability after the participants discontinued reduced calorie eating. With very few exceptions, successful dieters return to their pre-diet body weight after resuming normal calorie consumption.

Therefore, we conducted a follow-up weight maintenance study in which our weight loss study participants eliminated calorie restriction, but continued their higher protein intake and their basic exercise program. Nine months after discontinuing their diet program our weight maintenance participants had the same body weight and a significantly better body composition. This was one of very weight maintenance programs in which the par-



WAYNE WESTCOTT

ticipants avoided weight regain, and the only study in which the participants continued to add muscle and lose fat during the weight maintenance period.

Summary

A major cause of overweight and obesity is age-associated muscle loss and metabolic rate reduction, which leads to fat accumulation. Diet-only programs result in both fat loss and muscle loss, thereby exacerbating this underlying problem and making it extremely difficult to avoid weight regain. However, dieting with increased protein intake and appropriate resistance exercise is a highly effective intervention program that enables concurrent fat loss and muscle gain, thereby enhancing health, fitness, and weight maintenance. This January, we are conducting another (similar) weight loss study at our COVID-compliant Quincy College Fitness Center. If you would like information about this study, please contact me at wwestcott@quincycollge.edu or at 617-405-5978.

Wayne L. Westcott, Ph.D., is Chairperson of the Quincy College Exercise Science Department and Director of the College/Community Fitness Center. He has written 30 books on physical fitness and strength training, as well as strength training chapters for 9 National Personal Trainer Textbooks.

43 Quincy Students On Boston College High School Honor Roll

Forty three students from Quincy are on the first quarter honor roll at Boston College High School.

High Honors:

Christopher Alallam, Anatoliy Berezyuk, Patrick Cullinane, Luke Donovan, Patrick Hurton, Edward

Kennedy, William Lau, Nicholas McDonough, Shaun Ormond, Daniel Scolaro, Damian Brown, Ivan Chiu, Ryan Dear, John Hall, Finn Henry, Aaron Huang, Andrew Johnson, Michael Loughnane, Quinlan Perry,

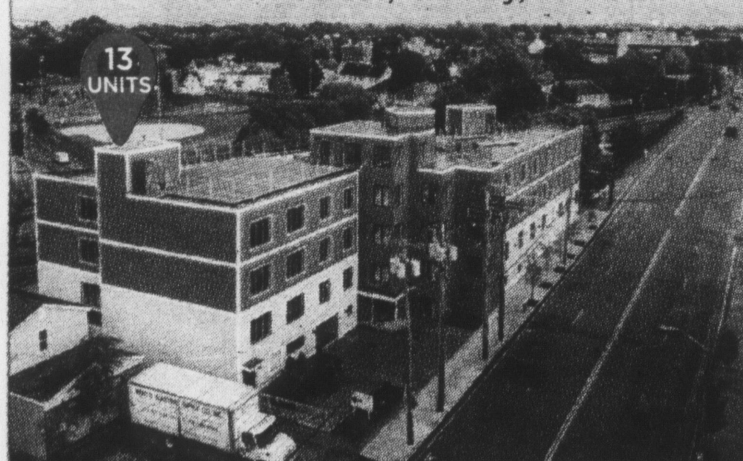
Justin Pham, Juan Manuel Barroso, Nathaniel McMillen, Anthony Nguyen, Enzo Vallee, Quinten Van Dam, Johnny Vu, Jonathan Carter Ying, Kevin Cai, Aidan Cullinane, Devin Dear, Charles Donovan, Matthew Farrell, Aaron Fernandes, Tristan

Quach and Alexander Yun. Honors

Anthony Coughlin, Matthew Dolbec, Adam McDermott, Dylan Rizzo, Seamus Stirling, Andrew Lane, Hugh Scott and Luke Leung.

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Unit #	# Bedroom	# Bathroom	Total sq.ft	Sale Price	Sale Price Per sq.ft	Assign Garage	Under Agreement
100	2	2M	1330	\$ 649,000.00	\$ 484.69	1	
101	2	2	1330	\$ 649,000.00	\$ 487.97	1	
102	3	2M	1419	\$ 669,000.00	\$ 471.46	1	
103	2	2M	1243	\$ 619,000.00	\$ 497.99	1	U
104	2	2M	1016	\$ 489,000.00	\$ 481.30	1	U
200	2	2M	1312	\$ 689,000.00	\$ 509.91	1	
201	2	2	1318	\$ 649,000.00	\$ 492.41	1	
202	3	2M	1354	\$ 669,000.00	\$ 494.09	1	
203	3	2.5M	1641	\$ 799,900.00	\$ 487.45	1	
300	2	2M	1332	\$ 669,000.00	\$ 502.25	1	
301	2	2	1319	\$ 659,000.00	\$ 499.62	1	
302	3	2M	1399	\$ 669,000.00	\$ 478.20	1	U
303	3	2.5M	1629	\$ 808,000.00	\$ 496.01	1	U



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55 Students Positive For COVID-19

Over A Two-Week Period

By SCOTT JACKSON

Fifty-five Quincy Public Schools students tested positive for COVID-19 over a two-week period beginning in late November.

Health Commissioner Ruth Jones told the School Committee on Dec. 9 that 55 cases among students were reported between Nov. 25 and Dec. 8. Most of those students, 39 of them, were hybrid learners, nine were full-time in-person students and seven were fully remote.

Jones said there were two suspected incidents of in-school transmission during that period. They took place in two different schools.

In one instance, a teacher had tested positive for the virus and a student was determined to be a close con-

tact. The student later tested positive during their quarantine period, Jones said, and the contact tracing investigation found the student had no other exposures to confirmed cases.

Jones said the district's COVID-19 protocols were followed, but sometimes a teacher coming within six feet of a student is unavoidable.

"I don't think there was a breakdown in protocol. I think in certain instances, getting closer than six feet to a child is a necessity in some of these classes," she said. "I think in that instance that was most likely the issue - it was the type of classroom that the teacher had to be closer than six feet."

The second incident in-

Cont'd On Page 4

Quincy Point Pub Suspended For COVID-19 Violations

By SCOTT JACKSON

A Quincy Point pub has been ordered to close until the state enters phase four of its reopening plan for repeated violations of COVID-19 guidelines.

The Board of License Commissioners handed down the suspension to the Craic Pub, located at 536 Washington, during its meeting on Dec. 8. The suspension was to take effect immediately.

The board on Nov. 10 had ordered the restaurant to close for three days this month for violations of the COVID-19 guidelines, including overcrowding and a lack of mask wearing. The

board later agreed to stay that suspension pending an appeal to the state Alcoholic Beverages Control Commission.

City officials said that on Nov. 14, a Friendsgiving event was held inside the Craic Pub; the restaurant was overcrowded, and patrons were not following guidelines for mask wearing.

City Clerk Nicole Crispo said a patron who was there on Nov. 14, "who was nervous about the conduct there that day," was the one who forwarded information about the event to city officials.

Cont'd On Page 16

Quincy Police Join 'Coats4Vets Buckets' Effort

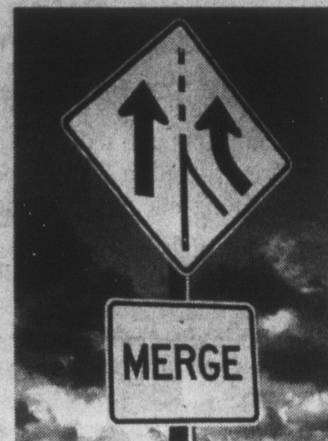


QUINCY POLICE OFFICERS joined officers from across the state Dec. 8 to pickup "Coats4Vets Buckets" to be distributed throughout our community. Each bucket includes a coat, mask, hand sanitizer and snacks. If you know a veteran in Quincy that we can help through this great program, contact Quincy Police Sgt. Karyn Barkas at 617-745-5890 or kbarkas@quincyma.gov. Coats4Vets, an annual initiative of the Massachusetts Military Support Foundation (MMSF), keeps our veterans safe in the unforgiving winter weather. This year, sponsors and donors include Massachusetts State Police, Massachusetts Chiefs of Police Association, New England Patriots Foundation, Ocean State Job Lot, and Home Depot.

Courtesy Photo

Homeowners with equity: Roll all your debt into one new loan

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Some additional facts: Rate/Annual Percentage Rate (APR) effective as of 12/09/20 and may change. Applies to 1-4 family owner-occupied homes. Assumes a maximum 80% loan-to-value and first mortgage position. Subject to credit approval. A 15-Year Loan would be repaid in 180 equal monthly principal plus interest payments of \$6.79 per \$1000 borrowed, which do not include taxes or insurance premiums, if applicable. So your actual monthly payment will be greater. NMLS #409557



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Moments in time

THE HISTORY CHANNEL

• On Jan. 1, 45 B.C., New Year's Day is celebrated on January 1 for the first time as the Julian calendar takes effect. Julius Caesar enlisted the aid of Sosigenes, an Alexandrian astronomer, who calculated a year to be 365 and 1/4 days.

• On Dec. 30, 1862, the U.S.S. Monitor sinks in a storm off Cape Hatteras, North Carolina. Just nine months earlier, the ship had been part of a revolution in naval warfare when the ironclad dueled to a standstill with the C.S.S. Virginia (Merrimack) off Hampton Roads, Virginia.

• On Dec. 28, 1895, the world's first commercial movie screening takes place at the Grand Cafe in Paris. The film was a series of short scenes from everyday French life. Admission was charged for the first time.

• On Dec. 29, 1940, London suffers its most devastating air raid when German planes firebomb the city. The next day, a newspaper photo of St. Paul's Cathedral standing undamaged amid the smoke and flames seemed to symbolize the capital's unconquerable spirit.

• On Jan. 3, 1952, Sgt. Joe Friday's police drama "Dragnet" comes to television. A popular radio series, it became one of the first TV series filmed in Hollywood, instead of New York, and began a long line of crime and police dramas.

• On Dec. 31, 1972, Roberto Clemente, future Hall of Fame baseball player, is killed when the cargo plane in which he is traveling crashes off Puerto Rico. Clemente was on his way to deliver relief supplies to Nicaragua following a devastating earthquake.

• On Jan. 2, 1981, the so-called Yorkshire Ripper, Peter Sutcliffe, is finally caught by British police. For five years, investigators had pursued the serial killer who terrorized Northern England. Sutcliffe had been interviewed nine times but always convinced detectives that he wasn't involved. He finally confessed when confronted with evidence.

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Burke Donates \$10K To Saint Ann's

Attorney George Burke announces he recently donated \$10,000 to Saint Ann's Parish.

Burke has been a parishioner of Saint Ann's for over 80 years and has been giving each year for over 50 years. He said he loves Saint Ann's Church and the Catholic faith.

The Garden Bug

Giving trees These companies and others offer young trees and seedlings packaged and delivered as gifts:

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www.seedsforall.com
www.arborday.org
www.greenworldproject.net
www.treesforchange.com
www.nextgenmemorials.com
thetreesremember.com

— Brenda Weaver

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55 Students Positive For COVID-19

Cont'd From Page 3

volved three staff members who Jones said were either teachers or paraprofessionals that passed the virus to each other. They likewise had no other exposure to confirmed cases. Those three staff members worked together in school but may have also met outside of school.

"We're not 100 percent sure that all of it might have been in-school transmission," Jones said. "These three adults were friendly to begin with on the outside, may have had some contact on the outside as well as the inside, but frequently worked with each other in the process of their daily teaching schedules."

During the same two-

week period, Jones said there was an average of 41.1 new COVID-19 cases in the city per day. The total number of active cases in the city stood at 825 as of Dec. 9.

Jones said the city was in the midst of an influx in cases following Thanksgiving and she anticipates the same thing will happen after Christmas.

"We are right in the middle of the spike after Thanksgiving," she stated. "I do expect there will be another spike after the Christmas holiday because, I think, people are still going to do what they want to do and get together."

The health commissioner expressed concern about new cases among staff at nursing homes.

"In the original surge, we had a lot of nursing home patients involved and that was the brunt of the deaths," Jones said. "For a long period of time, the nursing homes had no cases, no staff members positive. We are starting, and this is concerning to me, to see cases in nursing homes again and it is increasing pretty quickly starting with the staff members and now we are seeing patients involved in this."

"Again, these are the high-risk people that die from the virus."

Quincy was designated a red community by the state Department of Public Health on Dec. 10. The city averaged 38.13 new daily cases per 100,000 residents during the prior two weeks

and the positive test rate for city residents was 5.36 percent during that same period.

Communities like Quincy with more than 50,000 residents are considered green if they have more than 15 total cases and a daily new case rate of less than 10 per 100,000 residents over the past two weeks. Those communities would be considered yellow if they have a new case rate of 10 or more per 100,000 residents over the past two weeks or if they have a positivity rate greater than or equal to 4 percent. If the new case rate per 100,000 residents per day exceeds 10 and the positivity rate is greater than or equal to 4 percent, the community moves into the red.

County Launches Financial Management, Operations And Best-Practices Review

Commissioners Select The Abrahams Group To Help Chart County's Path Forward

As part of efforts to prioritize the County's long-term sustainability, address longstanding fiscal issues, and enhance the value of services provided to Norfolk County residents and communities, the Norfolk County Commissioners announce the launch of a Best Practices Review, Financial Management and Operations Analysis aimed moving County governance further into the future.

"Norfolk County is proud to continue modernizing our management and operations for the residents and communities we serve," said County Commissioner Joseph Shea, of Quincy. "This effort is the latest example of our commitment to ensuring good government practices to ensure that the County provides a real value to all we represent."

The analysis, a priority for the County's Commissioners, Finance Committee and Advisory Board in Fiscal Year 2021 (FY21), comes as part of a broader effort to restructure County finances to better align with financial best practices used by similar-suited counties, municipalities and governmental agencies in the Commonwealth.

Norfolk County, with an approximate \$32 million combined operating budget, includes the Norfolk County Agricultural High School, six (6) County-owned Court facilities, a Registry of Deeds, an Engineering Department, the Wollaston Recreational Facility (Presidents Golf Course), and performs various other statutory, programmatic and regional service-oriented responsibilities.

After a competitive pro-

curement process, the County Commissioners selected The Abrahams Group, led by Framingham's Mark Abrahams, to conduct the \$75,000 analysis. The Abrahams Group, a widely respected consulting firm that specializes in improving efficiency and effectiveness in local governments, kicked-off its efforts last month.

"The analysis is a major step forward for the County and all Norfolk County communities," said Dr. Elizabeth Childs, of Brookline, Clerk of the Norfolk County Advisory Board, who served as a member of the Review Committee that recommended the selection of The Abrahams Group to the County Commissioners. "The Norfolk County Advisory Board understands the important responsibility we have to make sure the County's budget is responsive and accountable to the needs of Norfolk County's 28 communities. This timely effort will go a long way to ensure that Norfolk County's budget is built on sound and prudent principles."

The Best Practices Review, Financial Management and Operations Analysis calls for assessing the efficiency, efficacy, and the long-term sustainability of Norfolk County's government based on current operating budgets, staffing levels, and existing revenue streams, including those specified state funding formulas and statutes. It will compare Norfolk County with similar-situated counties, municipalities, and agricultural high schools. It will also assess Norfolk County's efforts to grow regional-shared services and identify opportunities

for enhanced municipal partnerships between the County and its 28 constituent communities.

Deliverables as part of this effort include the establishment of financial policies, budget forecasting and a long-term capital improvement plan to help guide the County forward.

"Government can often get mired in the status quo," added Joseph Reardon, of Milton, Finance Committee Chair of the Norfolk County Advisory Board. "This honest assessment of county operations is indicative of the Commissioners' commitment to the innovation, fiscal responsibility and operational excellence that the residents of Norfolk County deserve."

Specifically, the Scope of the Best Practices Review, Financial Management and Operations Analysis includes the following:

- **Multi-Year Financial Forecasting** – Based on comprehensive study of Norfolk County revenues, expenditures and employee benefits, including those of the Norfolk County Agricultural High School, which assesses the short- and long-term sustainability of said revenues, expenditures and benefits, including how they relate to applicable county funding statutes and formulas established by state statutes.

- **Financial Management Best Practices Review and Establishment of Financial Policies** – Based on an analysis and review of the recent Financial Statements and Management Letters from the County's independent auditor related to documented financial policies and procedures, decentral-

ized bank accounts, tracking of compensated absences and associated liabilities, and the utilization of the County's financial accounting and reporting software.

- **Operations and Staffing Analysis** – A County staffing analysis by department, with recommendations based on an assessment of the efficiency and sustainability of current County staffing levels based on revenue and expenditure trends and forecasts. This will include comparisons with similar-situated counties, municipalities, regional government entities, and agricultural high schools.

- **Capital Planning Processes and Procedures** – An examination of the County's capital improvement needs and recommendations to create processes to plan for current and future capital expenditures in both the County and at the Norfolk County Agricultural High School.

- **Regional Services Review** – An assessment of the County's current regional services efforts and recommendations relative to the County's goals to enhance the delivery of regional services to its constituent communities (assessment is expected to be informed by feedback from Norfolk County town administrators/managers, Select Board and Advisory Board members).

Norfolk County's Best Practices Review, Financial Management and Operations Analysis is expected to be completed in May 2021. County officials expect many aspects of the analysis to help inform development of the Fiscal Year 2022 Operating Budget.

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Scenes From Yesterday



THIS IS A real photo postcard reproduction showing Quincy Center from Granite Street in the foreground south down Hancock Street towards School Street. Last minute Christmas shopping is nothing new; this picture was taken at 3:30 p.m. Christmas Eve in 1938; 20 years before this became known as Shopperstown. On the right, Thom McCan's shoe store had just moved up the street to this corner where it stayed for over

50 years. In 1938, they had over 650 stores across the country. Further down on the right were Carroll's Cut Rate Store and the Lincoln, Fanny Farmer and Kresge Stores. Across Hancock Street on the left were A&P and First National grocery stores and the Sanborn & Damon's hardware store. The vertical sign was Morgan's Furniture Store.

From the Tom Galvin Postcard Collection

Quincy's Yesterdays

This Week
1955
65 Years Ago

Mayor To Ask Fill From River Dredging Be Used On Meadows

Mayor Amelio Della Chiesa received a request today from the U.S. Army Corps of Engineers asking the city to designate where it wants fill from the Town River dredging project placed.

Mayor Della Chiesa said that the city would ask that most of the fill be placed on Broad Meadows. The city may also ask that some be placed on the Mound Street Beach providing the material is suitable.

The Army Engineers expect to advertise for bids around the first of the year.

BROADMEADOWS SCHOOL CONTRACT

The general contract for building the Broadmeadows Junior High School was awarded by City Manager Donald H. Blatt to James S. Kelliher of Quincy who submitted the lowest bid of a dozen general contractors seeking the work.

Mr. Kelliher built both the Quincy Health Center and the Trade School addition. His bid for the 750-pupil junior high school was \$1,334,491, more than \$20,000 under the second lowest bid furnished by Concrete Construction Company of Everett.

The contract called for stating the work no later than Dec. 30 this year and completion by March 30, 1957.

Total cost of the school including subcontractors' bids came to \$1,758,000.

COUNCIL OK'S SQUANTUM MARSH TAKING

The long fight by Squantum residents was won last night when the City Council voted to take the property for recreational purposes by a vote of 5-to-1.

Councillor David J. Crowley voted against the taking. Councillor Carl W. Anderson was absent and the other five members of the council voted for it.

The council also appropriated \$6,800 to pay for the taking.

Councillor Crowley objected to the passage on the grounds that the new order was before the council for the first time, but Mayor Della Chiesa ruled that the question was properly before the council for action.

QUINCYISMS

Grossman's, 130 Granite St., was offering: "Tricycles, Regular Price \$13.98 for \$6.99 and Doll Carriages, Regular Price \$12.98 for \$6.99"... Peter and Paul Shea, 14-month old twins of Dr. and Mrs. Daniel Shea, were at the annual Christmas Party at the Wollaston Golf Club... Szathmary's, Brides and Millinery Shop, 16 Maple St., Quincy Center, was advertising: "100 Party Dresses Originally Priced from \$20 and \$35 for only \$9.99 for This Christmas Week Sale"... The Quincy Lodge of Elks hosted 500 boys and girls at its annual Christmas Party. Santa Claus, in the person of George R. Alcott, presented the boys and girls with prizes. Angelo Libertaine dispersed refreshments while movie cartoons were presented by Edward McAllister... The Adams Theater, School St., double-features included Gene Kelly and Cyd Charisse in "It's Always Fair Weather" and Dale Robertson and Evelyn Keyes in "Top of the World"... The Quincy Patriot Ledger price was five cents a copy... Curved Bears, symbol of the highest Girl Scout achievement were presented to three members of the Bethany Congregational Troop. Mrs. Robert Johnson, leader, presented the bars to Jean Fallon, Pamela MacLean and Barbara Hudson... John I. Young, 33 Whitney Rd., Quincy, a senior at Amherst, was elected treasurer of Delta Kappa Epsilon... Plans were being made by members of the Mothers' Club of the Houghs Neck Congregational Church for the club's annual Christmas Party. The party will be held at the church according to Mrs. Oswald E. Ruska, program chairman... Mr. and Mrs. Frank Lints of 256 Sea St., Merrymount, were guests of honor at a dinner party in honor of their 51st wedding anniversary. The party was held at the home of their daughter and son-in-law Mr. and Mrs. Francis W. Slaven... Salorio's Meatland, 371 Granite St., Quincy was offering: "Fresh, Killed Native Grade A Turkeys for 35 cents a pound"... The City Council authorized City Manager Donald H. Blatt to sell six acres of Broad Meadows to the Navy as a site for a reserve-training center. Selling price agreed on was \$14,500... South Shore Buick, 50 Adams St., was offering: "Two-Door, Six-Passenger Buick Special Sedans for only \$2,388.88... Robert Golden, son of Mr. and Mrs. George A. Golden of Hollis Ave, North Quincy, was undergoing recruit training at Bainbridge, MD... West Quincy Beverage Company, 665 Adams St., West Quincy, was advertising "Fitzgerald Burgamaster Beer and Ale, six 12 oz. Non-Returnable Bottles for 89 cents"... Elmer Fagerlund, 124 Greenleaf St., represented several hundred residents of the Butlers' Pond area who had petitioned the council to take the property and it be maintained and beautified as a pond. The council refused to act on the request.

AARP Nursing Home COVID-19 Dashboard:

MA Nursing Home Cases, Deaths Rising; Some Facilities Still Lack Adequate PPE, Staff

The latest update of the AARP Nursing Home COVID-19 Dashboard finds Massachusetts nursing homes continue to face concerning trends, including rising resident/staff cases and deaths, and continuing shortages of personal protective equipment (PPE), and continuing staff shortages.

As COVID-19 brings to light longstanding flaws in the nation's long-term care system, AARP's Public Policy Institute also unveiled a new report in a series on strategies to improve the quality of long-term services and supports (LTSS).

In the four weeks analyzed, Oct. 19 to Nov. 15, AARP's dashboard reports

that Massachusetts nursing homes had

- 458 new COVID-19 cases per 100 residents, up from 251 in the previous four-week period

- 53 COVID-19 deaths per 100 residents, up from 33

- 585 new staff COVID-19 cases per 100 residents, up from 235

- 12% of nursing homes without a 1-week supply of PPE, down from 15%

- 10.6% of nursing homes with staffing shortages, down from 14.7%

"With coronavirus surging across the country, nursing home residents remain in grave danger as the virus reenters nursing homes and other facilities at an alarm-

ing pace," said AARP State Director Mike Festa. "Facilities continue to have shortages of the staff and PPE needed to keep residents and workers safe and stop the spread. Our state leaders must act now to save lives."

As the pandemic continues to place a spotlight on the shortcomings of the country's long-term care system, the AARP Public Policy Institute has launched LTSS Choices, a multifaceted project designed to advance the transformation and modernization of the nation's long-term services and supports (LTSS) system. A new report in the series examines the effects of the COVID-19 pandemic on long-term care facilities and

solutions to improve quality. Recommendations highlighted in the report include:

- Keeping current plans in place for emergencies that address both resident and staff needs

- Creating state LTSS emergency operations and response centers to identify emergency needs and deploy resources

- Increasing resident access to telehealth as a supplement to in-person care

- Ensuring resident care plans address their isolation, risk for depression, and ability to interact with loved ones

- Ensuring long-term care staff have health insurance, paid sick leave, and

Cont'd On Page 16

READERS FORUM

John 'Butch' Mahoney: A Special Person

Back in my childhood, my parents always took my little brother and I to Downtown Boston for the annual Veterans Day Parade and our usual spot was either at the corner of Tremont and Park Streets or a block back in front of the Parker House.

Back in the 50s and 60s, I saw a whole lot more patriotism being shown than I sadly see today. Nowadays too many are obsessing over our national wars rather than standing up for the rights and freedoms we too often take for granted.

I spent some 25 years being a part of Quincy and worked closely with many military veterans such as my good friend Larry Norton who recently passed and now I learn someone else I got to know, Butch Mahoney, has just recently passed.

Quincy has always been a veterans town.

I remember when I enlisted in the U.S. Air Force right out of high school in 1966. One of my uncles Joe Harrington who had joined the US Navy right after

Pearl Harbor congratulated me on joining the service but thought I should have joined the Navy like him.

I was back this year by the World War II Memorial for a scaled down version of the Veterans Day remembrance. I looked around and saw all the people there and also looked around and saw all those now with us in spirit.

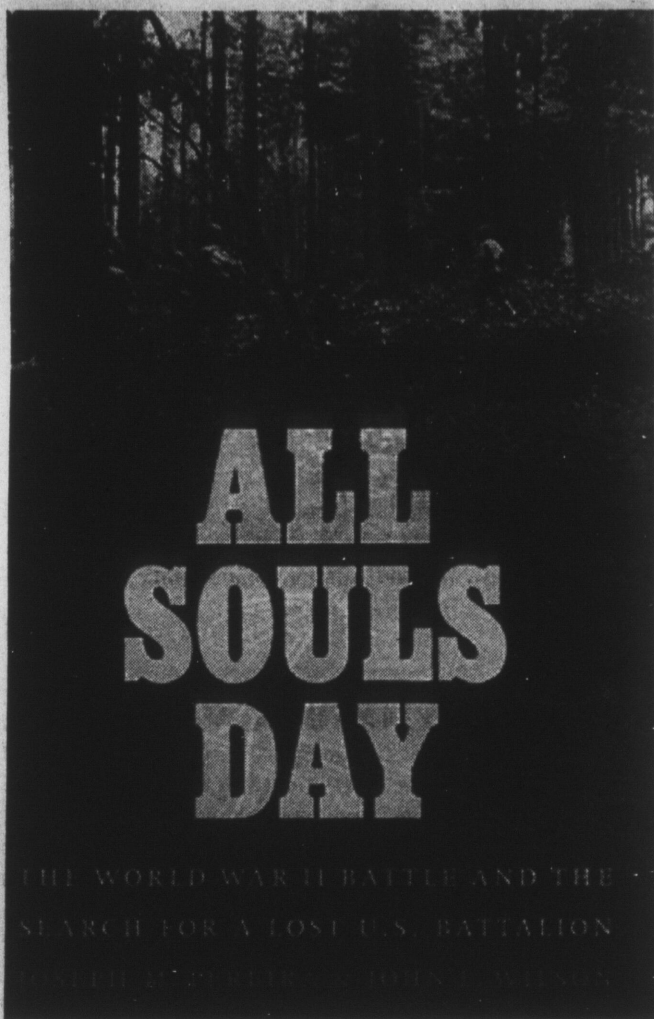
Each year brings more sadness as more of our friends keep dying and it is up to the rest of us to carry on remembering those who

served. I had the honor at a much younger age to have known a few survivors from the Pearl Harbor attacks. I also was a next door neighbor of a former Rough Rider who went up San Juan Hill in 1898 and then re-enlisted in World War I.

Quincy has lost a special person in Butch Mahoney who never stopped serving America or the City of Quincy. He too will be missed.

Sal Giarratani
East Boston

Arts & Entertainment

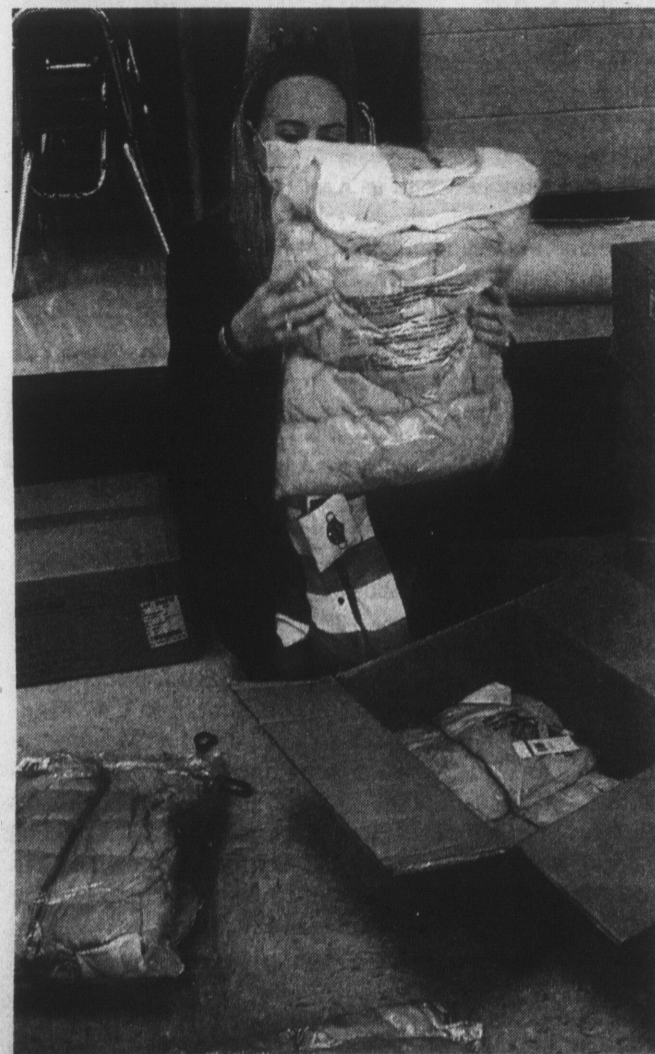


Cradles To Crayons Donates Winter Coats, Student Backpacks

The Quincy School ~ Community Partnership is grateful for the continued generosity and support of Cradles to Crayons.

Five hundred winter coats, with corresponding hats and gloves, were donated to the Quincy School ~ Community Partnership thanks to Cradles to Crayons Winter Coat Initiative. Coats were distributed to each Quincy Public Schools elementary school, as well as Point Webster (Grade 5) and South ~ West (Grade 5) for distribution by building principals.

Cradles to Crayons also donated 2500 student backpacks and school supplies for the opening of school in September. The Quincy School ~ Community Partnership is grateful to Cradles to Crayons, a generous and supportive Executive Level Sponsor of the Quincy School ~ Community Partnership, for their commitment and dedication to making life better for children in need.



KRISTEN DWYER, Assistant Principal, Lincoln Hancock School.

'All Souls Day: The World War II Battle And The Search for The Lost Battalion'

A Book Review

By JEAN KENNEY and DAVID SPILLANE

In December 1944, a group of about 200 GIs vanished in Germany. They were part of the U.S. Army's 28th Infantry Division. Its mission was to engage the Germans who were well entrenched on the edge of the Belgian-German border -- in a foreboding place many had never heard of before -- The Hurtgen Forest.

Overwhelmed by a superior enemy, the Americans were forced to retreat. After the 28th Infantry regrouped, the men were found to be missing. For six years following the war, the U.S. army returned to the battlefield to look for them. Despite the full cooperation of German nationals living in the villages where the soldiers had disappeared, all that could be found were a few scattered belongings of the missing servicemen.

Decades passed. Their wives, children and other

family members were devastated. Then one day in 2009, a photograph mysteriously appeared on the Boston Globe's website. Shortly thereafter, it disappeared just as mysteriously. The photo was of a torn-up pair of army boots of World War II vintage. Who did the boots belong to? How did the Globe get a copy of the photo and why did it remain on their website for only a short time? The newspaper's library staff tried to retrieve the image from its online database but couldn't find it.

Intrigued, two men -- a business executive from Harvard, Mass.; and a former Wall Street Journal reporter from Quincy, Mass.; -- set out to uncover the mystery. Their decade-long investigation has culminated in a newly published book, titled, "All Souls Day: The World War II Battle and the Search for the Lost Battalion." The book is authored by Joseph Pereira and John Wilson.

One of the men who vanished was Private Sydney Weaver. His daughter, Peggy, waited all of her life to find out what happened to him. One day in 2016 -- 72 years after she saw him shoulder his army duffle bag and go off to war -- she received a phone call at her San Francisco home. The man on the other end of the line was John Wilson. "I think I know where your dad may be," he said.

To unravel the mystery, the authors thumbed through a trove of declassified military documents; examined old battlefield maps and aerial photographs of unit deployments; interviewed family members; pored over old letters written by soldiers from the frontline to their families at home; and spoke at length to a still-living survivor of that battle -- 96-year-old Anthony Grasso of Norwood, Massachusetts. He was a young private with the 28th Infantry Division at the time.

From its minutely de-

tailed opening scene to its emotional ending, All Souls Day is pure storytelling. A work of nonfiction, everything in the book is factual, but it reads like a novel. Already, the book is garnering praise.

Wrote one reviewer, "It is a remarkable and impressive effort to apply investigative journalism skills to bring to life a battle buried in the annals of World War II."

Opined another: "You might think that by now every story about World War II has been told. Think again."

Among the list of reviewers on Amazon's website, one commenter had this to say about the book: "Started All Souls Day on All Souls Day, (November 2) finished it in two sittings. Great read....What their families went through for so many years is heart-breaking."

Added another commenter, "No average person would care about the battle of the Hurtgen Forest if this book wasn't written."



CRADLES TO CRAYONS recently donated 500 winter coats along with gloves and hats to the Quincy School - Community Partnership. The winter clothing was distributed by elementary school principals. Shown here from left to right are Leslie Bridson, QPS McKinney Vento Homeless Coordinator; Jill Greene, QPS Residency and Attendance Officer; and Kristen Dwyer, Assistant Principal, Lincoln Hancock School.



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Social Security Matters

Ask Rusty: Will My U.K. Pension Affect My Social Security?

By RUSSELL GLOOR
AMAC Certified Social Security Advisor
Association Of Mature American Citizens

Dear Rusty: I lived and worked in the United Kingdom prior to coming to the U.S. at age 45, which qualified me for a UK State Pension worth the equivalent of about \$740 US dollars per month. Since moving to the US I have contributed to the US Social Security system for 14 years and my estimated US Social Security benefit is \$1,643 per month. I have heard about something called "WEP" and must be honest and say I don't fully understand. Can you provide some advice or references so I can understand what happens to these sums when I retire? I don't have any other pension income, so understanding these numbers is important. FYI, I hold both US and UK passports and will retire in the USA.

Signed: Blessed from the UK

Dear Blessed: The "WEP" provision you refer to is known as the "Windfall Elimination Provision." It affects anyone who is eligible to collect Social Security benefits, but who also has a pension from another entity (corporation, public agency, or foreign country) which did not participate in the U.S. Social Security program (meaning that SS FICA payroll taxes weren't paid during that employment). WEP will reduce your US Social Security benefit by using a special formula to compute your benefit amount. Generally, the WEP reduction is determined either by the number of years of substantial SS-covered earnings that you have, or the WEP maximums (one of which is that your U.S. Social Security can't be reduced by more than half of your non-covered pension). With less than 20 years paying into the US system, you will incur one of the maximum WEP reductions.

Something else important to understand is that the current estimate you have from Social Security doesn't include the WEP reduction. That estimate assumes that you will continue to earn at your current level until you reach your full retirement age. You haven't shared your birthdate, but from your email I assume you are now about 60 years old. If you were born in 1959, your full retirement age (FRA) for U.S. Social Security purposes is 66 years and 10 months (if you were born after that your FRA is 67, and if you were born before that subtract 2 months for each year prior to 1959). Your FRA is when you will get your "full" SS benefit. If you claim before that (age 62 is the earliest you can claim) your benefit will be reduced (even before WEP), and if you wait beyond your FRA you'll earn Delayed Retirement Credits (DRCs) which will increase your benefit amount. DRCs stop at age 70.

Based upon what you've told me, I believe that your WEP reduction will probably be limited to one of the maximums, either half of your monthly U.K. pension, or the maximum for your "eligibility year" (2022?). We don't yet know what the standard maximum WEP reduction for 2022 will be, but for 2020 it is \$480. That is the most that your Social Security benefit could normally be reduced. But if your U.K. pension is about \$740 USD then your maximum reduction should be about \$370, because the WEP reduction can't be more than half of your non-covered (U.K.) pension. So, your US Social Security benefit of \$1,643 will most likely be reduced by about \$370 to about \$1,273. You will need to contact the UK pension system to see if any of your UK pension will be offset by your US Social Security benefits.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadviser@amacfoundation.org.

Abigail McDonough On Dean's List

Abigail McDonough of semester at Olivet Nazarene University in Bourbonnais, the Dean's List for the fall IL.



FIFTEEN QUINCY HIGH School students attended Yale's Model (virtual) Congress (YMC) from Dec. 3-6. Top row, left to right: Top row: Hannah Murphy, Dillon Donahue, Charles Codner, Brian Gutro and Breanna Laroche. Middle row: Abbey Toland, Janai Johnson, Basra Hassan, Samuel Purchase and Natalya Desmond. Bottom row: Rachel Lafferty, Grace Akkara, Jeffrey Burke, Jeremy Costigan and Thuan Huynh. Photo Courtesy Quincy High School

Quincy High Recognized At Yale Model Congress

Fifteen Quincy High School students attended Yale's Model (virtual) Congress (YMC) from Dec. 3-6.

YMC 2020 included 450 students from 30 high schools across the United States.

Quincy High School students attending the conference were:

Hannah Murphy, Charles Codner, Dillon Donahue, Brian Gutro, Breanna Laroche, Abigail Toland, Janai Johnson, Basra Hassan, Samuel Purchase, Rachel Lafferty, Grace Akkara, Jeffrey Burke, Jeremy Costigan and Thuan Huynh.

QHS Social Studies teacher Meg McMillen organized the QHS delegation and they worked over the past couple of months writing legislation to present in their individual House of Representative and Senate Committees. QHS student-proposed legislation included the prevention of human trafficking; providing economic aid to Nigeria to stem China's influence in Africa; body cameras for all law enforcement officers; man-

dating military officers first serve two years as an enlisted member of the forces; and addressing environmental racism. Two members of QHS's delegation were chosen to serve on the Supreme Court, and one member was awarded the opportunity to run for YMC president. QHS students Charles Codner and Hannah Murphy won Honorable Mention certificates for their roles in the Senate's Foreign Relations Committee and the Supreme Court, respectively. QHS's Brian Gutro won a gavel (the ultimate prize for participation) for his role as Chief of Staff in the Presidential Cabinet. This was QHS's fourth year of participating in Yale Model Congress and its first gavel. Another highlight of YMC was guest speaker, U.S. Sen. Sherrod Brown (D-OH). The Senator chose QHS student Jeffrey Burke, to interview him to discuss the senator's book, Desk 88, which Jeffrey and his U.S. Government & Politics class had read.

56 Students On Quincy Catholic Academy HR

Fifty-six students have been named to the first term honor roll at Quincy Catholic Academy.

They are:

HIGH HONORS

Grade 6: Jocelyn Felina, Jerome Jiang, Elizabeth Kelly, Alex Lowery, Laura Tran, Kayla Trinh and Emiliana Zamora.

Grade 7: Naol Adugna, Jayde Awudo, Logan (Duc)

Dinh, Cattien Huynh, Briana Li, Patrick McDermott, Harper Mergel, Katy Trinh, Connor Whitney and Tyler Zhang.

Grade 8: Tina Huynh and Madhu Giridhar.

HONORS

Grade 6: Natalie Altayr, Joaquin Barros, Ezeosa Eweka, Noel Fernandez, Mikayla Gooden, Julia Kulakowska, Jacob Lin, Tyler

Olivero and Fiona Poschman.

Grade 7: Catherine Belur, Madeline Chiu, Madison Cortez, Liam Ford, James Geraghty, Buuson Hang, Danny Huynh, Isabel Keyworth, Robert Le, Chloe Vo, Danny Wilton and Andrea Zhao.

Grade 8: Austin Kwan, Francesca Luy, Tyler Mergel, Keila Pierre, Ian Ronan,

Xavien Suero and Brandon Wu.

PRINCIPAL'S LIST

Grade 6: Guliana Wilkinson.

Grade 7: Elena Altayr, James Augustin, Eleanor Bergin, Dongyan (Leanna) Ji and Isaac Paul.

Grade 8: Chloe Chu, Antonio Durham and Nelson Fernandez.

Stop & Shop At 65 Newport Ave. Remodels

Stop & Shop at 65 Newport Ave., Quincy, has remodeled.

The new store features an expanded produce department, an updated deli department with more grab-and-go sliced meats and cheeses, an enhanced bakery offering fresh desserts and frozen cakes such as ice cream cakes, plus more freshly prepared hot meal solutions. Additional highlights are:

New flatbread pizzas in nine varieties that customers can have cooked in-store in less than three minutes or bake at home; sushi bar with rolls made fresh daily; a dedicated section for gluten free items; and displays for sale items at the end of aisles.

"We're excited to offer a convenient in-store experience with a wider selection of grab-and-go meal options for our customers in the Quincy area," said Bryan Cramond, Store manager of the Quincy Stop & Shop. "In honor of our grand reopening, we are also very excited to partner with Quincy culinary arts students in feeding those in our community through the 2020-2021 school year."

To celebrate Stop & Shop's commitment to the Quincy community, the store will be donating \$10,000 to Quincy Public Schools. The community partnership grant aims to support Quincy High School Culinary Arts students in developing a healthy choice menu; as well as preparing, packaging and distributing food items to local organizations. The first distribution will be 251 lunches students will prepare using donated ingredients from Stop & Shop. The lunches will be distributed to First Responders on Friday, Dec. 18, benefitting Quincy Fire Department, Quincy Police Department, Quincy Health Department, Brewster Ambulance Services, Quincy Public Schools Health Services Team, and Quincy Public Schools Custodial Services Team.

The Quincy store continues to offer Same Day Online Pickup, providing local customers with a faster and more convenient way to shop with pickup available in as little as four hours. Customers can now place an order on the Stop & Shop mobile app, or visit www.stopandshop.com, click on "Order Online" and select

"Pickup" at the Quincy store, head to the store, and have a Stop & Shop associate load their groceries right into their car. Customers new to Pickup can receive the service free for 90 days by entering SSFREEPICKUP at checkout. Minimum purchase required.

The Online Pickup fee is waived on the first order and then on all subsequent orders of \$30 or more if placed within 90 days of the first order. Valid for first-time residential customers only in select zip codes. Offer excludes alcoholic beverages, gift cards, postage stamps and any other purchases prohibited by law. Offer not transferable. Limit 1 per household. Enter code at first order checkout. Not valid with any other offer. Expires Dec. 31, 2020.



Tasty Holiday Treats From Marie And Susie

WHAT'S COOKING

with
Marie & Susie

By MARIE D'OLIMPIO and SUSIE FALCO



Christmas Cookies

By MARIE

Today's recipe for dough is the kind that once prepared, you can use to make biscotti or round cookies. This recipe has long been a family favorite and has been passed down all through the years. You don't have to make biscotti per se, but this dough is good for both. And because it is Christmas, and just to be festive, you can put food coloring in the icing. You will find that this is a pretty simple dough to make. The dough is easy to create and once done, the dough comes out of the bowl without a trace - the bowl will almost look clean.

Recipe and directions:

Pre-heat oven to 350 degrees, grease two cookie sheets; or line with parchment paper

Ingredients:

¾ cup butter (Crisco Used to be used - so you have your choice of Crisco or butter)
1 cup sugar
2 eggs
¼ teaspoon salt
2 cups of flour
2 teaspoons baking powder
¾ cup milk
3 tablespoons of anise flavoring (or any flavor you prefer such as lemon, vanilla, almond)

In a large bowl, cream together the butter, sugar and salt. Add the eggs one at a time and beat well. Add flavoring and alternate the flour with the milk, mixing well.

If you are going to make biscotti, make a log out of half of the dough. And with the other half, make the round cookies the size you want by rolling the dough into balls.

If you are making biscotti, place dough log on one of the cookie sheets and you may be able to put a few cookies on that same sheet. Use second sheet for the rest of the cookies.

Bake in a 350-degree oven for 35 to 40 minutes until lightly tan on top. While cookies are still warm, top with icing.

If you make biscotti slice them into 1/2-inch slices, put back in oven for about 10 minutes or until lightly browned. This will make them nice and crispy!

Icing Recipe

2 cups confectionery sugar
¼ cup whole milk
Red or green food coloring if desired
Sprinkles to decorate cookies

Mix confectionery sugar and milk until well blended, add food coloring if using, mixing well. Place sprinkles on cookies or biscotti log while icing is still wet.

Stuffed Calamari for Christmas Eve

On Christmas Eve it is a tradition in many families to gather together and enjoy several types of fish specialties. We are going to have stuffed Calamari (Squid) and will serve it over favorite pasta. Calamari can be made ahead of time and then heated the day they are going to be used.

Ingredients for Stuffed Calamari

6 to 8 Calamari, (preferably cleaned) or the amount you will need (three to four inches long because the small ones are too difficult to stuff)

Filling:

Combine:

1 cup of Panko bread crumbs or two slices of soaked bread
1 egg
½ teaspoon basil
½ cup
1/2 cup grated Parmesan cheese
Enough water to moisten the mixture.
2 tablespoons of tomato sauce.

Rinse out squid (try to buy the ones already cleaned) and stuff each one about ¾ full and secure with a sturdy toothpick putting the toothpick on the top so the filling will have a chance to expand. After these are filled set them aside.

For a Quick Marinara Sauce:

Heat 2 tablespoons of olive oil and add one small chopped onion and a clove of garlic. Add 1 can of crushed tomatoes and a tablespoon of parsley. Cook for about 15 minutes and then very slowly so as not to break the squid, place them in the sauce one by one and simmer also slowly for about 30 minutes.

When you turn them, you have to be very careful as they break easily. Sometimes you will undoubtedly find two or three have broken open but they can still be eaten.

After they are cooked and the toothpicks are removed, they can be served over a favorite spaghetti or rice.

p.s. ¼ cup of chopped spinach may also be added.

Roast Stuffed Pork with Figs

For Christmas dinner this year we are going to have a roast stuffed pork shoulder for my roast. I think it is actually much tastier than the pork loin.

To stuff this you can slit the top of the shoulder about 4 inches and then close it up with tooth picks when stuffed.

Here's the stuffing:

1 stock of celery chopped
1 small chopped shallot, chopped
3 or 4 dried figs (cut up in small pieces)
1/8 cup of white wine
1 cup of chicken stock
Salt and pepper to taste
2 tbsp. of olive oil and 1 tbsp. butter
1 cup of Panko seasoned bread crumbs
1 tsp. bell seasoning or thyme

In the hot oil and butter sauté the celery, shallots, figs, white wine and chicken stock and then add bread crumbs and salt and pepper until well blended set aside and cool. When cool place stuffing in cavity on top 2 to 3 inches deep and then seal with toothpicks. Bake in 350-degree oven 20 minutes to the pound or until done

Ricotta Cheese Cake

Usually around the holidays pies are plentiful varying from pumpkin, apple, blueberry, minced, pecan and sometimes even ricotta pie. This year, we are going to add something a little different to my holiday table and found today's recipe for a Ricotta Cheese Cake. This cheese cake will be wonderful addition to any dessert table and a great alternative to another pie!

Pre-heat oven to 400 degrees, grease a 9-inch spring-form pan

Recipe

1 ¼ cups graham cracker crumbs
3 tablespoons sugar
1/3 cup butter, melted
2 cartons - 15 ounces each of Ricotta cheese
1 cup of sugar
3 large eggs, lightly beaten
2 tablespoons all-purpose flour
1 teaspoon of vanilla

In a bowl combine graham cracker crumbs and 3 tablespoons of sugar mix well. Stir in the melted butter making sure all ingredients are well-combined.

Press graham cracker crumb mixture on the bottom of a 9-inch spring form pan and 1 inch of the sides of the pan. Place on a baking sheet and bake at 400 degrees for 6 to 8 minutes or until crust is lightly browned around the edges. Cool pan on a wire rack.

In a large bowl beat Ricotta cheese on medium speed for 1 minute. Add the 1 cup sugar and beat for another minute. Add the eggs and mix until well combined. Beat in the flour and vanilla and pour mixture on top of the graham cracker crust.

Place the pan on baking sheet again and lower oven heat to 350 degrees and bake for 50 to 60 minutes or until center is almost set. Cool on wire rack for 10 minutes.

Run a knife along the edge of the pan to loosen the cake and let cool for another hour. Refrigerate overnight, but at least for a few hours.

Can be served with a favorite topping such as cherry sauce or a strawberry sauce.

Popovers: An Alternative To Rolls

Remember, back in the day, when we went to a restaurant, they served popovers while waiting for the entrée. I haven't made popovers for a while but always remember how delicious they are and how easy they are to prepare.

This recipe will be a great addition to your Christmas table and will definitely grace many a table at Christmas time!!

Preheat oven to 425; grease muffin tins; This recipe will make 6 large popovers or 8 small ones.

Recipe

2 eggs
1 cup flour
1 cup milk
1 tablespoon vegetable oil
½ teaspoon salt

In a mixing bowl, beat eggs with beater or electric mixer and add the flour, milk, oil and salt, beat until smooth. Fill each tin half way full with batter. Bake for 15 minutes at 425 degrees and then reduce heat to 350 degrees and bake for 25 to 30 more minutes. A few minutes before removing them from oven prick each one with a fork to allow steam to escape. These taste better when served hot.

Cont'd On Page 14

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Medical Myths And Misconceptions

A Message From Ruth Jones, City Of Quincy Health Commissioner

By RUTH JONES
MSPH, BSN, RN,
BC, CP-FS

Myths and half-truths persist in medicine. At times, all of us, even doctors and nurses may believe things that aren't true or at least are unproven.

Researchers from the Indiana University School of Medicine compiled a list of common medical beliefs embraced by physicians and the general public. The result is a list of medical and health myths that are extensively repeated by doctors and in the media, all of which either are false or deficient of scientific evidence to support them.

Here are a few medical myths that may astonish you:

- **Cold weather makes you sick.** In studies of cold transmission, people who are chilled are no more likely to get sick than those who were not. It may be that in cold weather people tend to stay indoors, where germs are more likely to find you.

- **You lose most of your body heat through your head.** There is nothing ex-

traordinary about the head and heat loss. You will lose heat through any uncovered part of the body.

- **Milk makes you phlegmy.** In one trial, volunteers were infected with the cold virus, and some of them drank a lot of milk as well. The density of the nasal secretions did not increase in those who drank more milk, nor was it correlated with cough or congestion.

- **Cracking your knuckles will cause arthritis.** Knuckle-crackers are no more likely to have arthritis than those who don't make irritating popping sounds with their fingers.

- **Sugar makes kids hyper.** Numerous studies have shown sugar doesn't affect behavior, but most parents aren't believers. In one study, parents were told their kids had sugar and they were more likely to report problem behavior, when in reality, the kids had consumed a sugar-free drink.

- **Food promptly picked up from the floor is safe to eat.** Scientists have put the frequently-cited five-

second rule to the test. They discovered that food that comes into contact with a tile or wood floor does pick up large amounts of bacteria. However, food doesn't pick up a multitude of germs when it hits carpet, but it does pick up carpet fuzz.

- **People should drink at least eight glasses of water a day.** The study authors found several popular unsubstantiated recommendations. The source might be a 1945 article from the National Research Council, part of the National Academy of Sciences, which noted that a "suitable allowance" of water for adults is 2.5 liters a day, although the last sentence noted that much of it is already contained in the food we eat. Existing studies promote that adequate fluid intake is usually met through typical daily consumption of juice, milk and even caffeinated drinks.

- **We use only 10 percent of our brains.** The belief that we use only 10 percent of our brains has endured for nearly a century. The study authors found references to this myth as

early as 1907 and noted that it's often repeated by people encouraging the power of self-improvement. However, the researchers noted that evidence from studies of brain-damaged people, imaging and metabolic studies and other brain research demonstrates that people use much more than 10 percent of their brains. Numerous types of brain imaging studies indicate that no area of the brain is completely silent or inactive and detailed probing of the brain has failed to identify the non-functioning 90 percent.

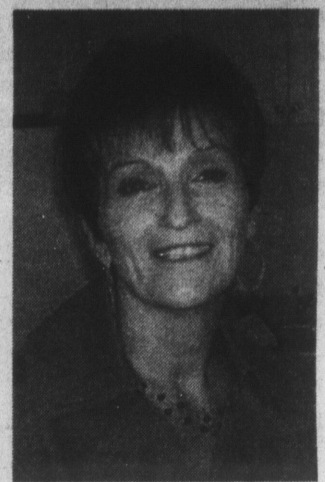
- **Hair and fingernails continue to grow after death.** The false claim has been repeated in movies for numerous years. The truth is that the growth of hair and nails requires a complex hormonal regulation that ceases after the body dies. The reason for the long-held belief may be that dehydration of the body after death, and subsequent shrinking of soft tissue, can produce the illusion of growth of hair and nails.

- **Shaving hair causes it to grow back faster, darker or coarser.** This common belief is often reinforced when coarse stubble appears on the body subsequent to shaving. A 1928 clinical trial showed that shaving had no effect on hair growth, a finding confirmed by more up-to-date studies. When hair grows back after shaving, it gives the impression of being coarse because it doesn't have the fine taper of unshaved hair. Also, it seems darker because it hasn't been exposed to the sun like the previously unshaved hair.

er or coarser. This common belief is often reinforced when coarse stubble appears on the body subsequent to shaving. A 1928 clinical trial showed that shaving had no effect on hair growth, a finding confirmed by more up-to-date studies. When hair grows back after shaving, it gives the impression of being coarse because it doesn't have the fine taper of unshaved hair. Also, it seems darker because it hasn't been exposed to the sun like the previously unshaved hair.

- **Reading in dim light ruins your eyesight.** The idea that dim light ruins eyesight probably has its origins in eye strain. Poor lighting makes it difficult to focus, causes you to blink less and leads to dry eyes, particularly if you're squinting. So reading in dim light is uncomfortable, but it doesn't cause permanent damage.

- **Eating turkey makes people exceptionally drowsy.** This myth stems from the fact that turkey contains tryptophan, an amino acid found in proteins and essential to the human body. Scientific studies show that sleep and mood are influenced by tryptophan. However, turkey does not contain an extraordinary amount of tryptophan. Chicken and beef contain about the same amount, and pork and cheese contain more tryptophan per gram than turkey. Because tur-



RUTH JONES

key is consumed with other foods, absorption of tryptophan from turkey is minimal. The myth likely stems from the fact that most people feel drowsy after eating a large meal because the body is using energy to digest food and blood flow and oxygenation to the brain decreases, and large meals in the United States usually occur around Thanksgiving and Christmas, holidays during which turkey is regularly served.

- **Swallowed gum takes 7 years to pass through your body.** There is an ingredient in gum, called gum base, that is indigestible, but that only signifies that your body cannot extract nutrients out of it or dissolve it. In actuality, it passes through you in 2-3 days. So if you swallow your gum, don't worry.

Though we've heard many of these medical misconceptions repeated for years, some medical myths endure no matter how many times they've been disproven.

Ruth Jones is the health commissioner for the City of Quincy.

SENIOR VISION - By Dr. Carolann Speranzo

These are challenging times for all but perhaps most seriously for seniors with less daylight this time of year.

As people age vision changes. Presbyopia become a nuisance condition for those over age 40 where many find their arms are too short to see clearly up close. This is due to a reduction in the flexibility of the crystalline lens so accommodation adjusting from distance to near becomes problematic. This causes blurred near vision and eye strain. Reading eyeglasses provide a simple resolution.

It is noteworthy that with the increasing use of computers and electronic devices visual such disruption is happening for people even younger.

As middle age becomes senior age (after age 65), these accommodative issues are often accompanied by physiological changes. With every advancing year, more light is needed for any task that is visual. Perhaps the most disconcerting aspect is that while more light is needed, the eyes are sensitive to glare.

Often, simply using a 75 watt bulb and positioning the light below chin level makes this easier. As more communication with family members and friends is now only available with electronic devices often an anti-

glare shield for the screen is helpful. Often, a more convenient solution is to have an anti-glare enhancement added to the eyeglass lenses.

Another functional issue is that with aging there is a reduction of the size of pupils. When lights dim, the pupil needs to dilate (expand) to allow more light in to see. Yet, when driving most experience glare from headlights at night and senior eyes take longer to recover and return to normal after exposure to glare.

This is particularly noticeable at dusk. Tints do not help since they minimize the light needed to see well so the preferable solution is the anti-glare enhancement on lenses.

Seniors also experience increased sensitivity in the facial skin tissues that may become irritated by wearing eyeglasses. To minimize this, lighter weight eyeglass frames and ultrathin lenses should be considered. Titanium or stainless steel frames are very lightweight as are certain plastic frame materials. Most lenses are available in polycarbonate (nearly half the weight of plastic) and/or high index - where the lenses are thinner so they weigh less.

Since most seniors need prescription lenses for both distance and near many choose to combine the powers into bifocals. Whether

the bifocals have a line or they are progressive add lenses (that ease the change in power between distance and near) the measurements of the lenses are critical to prevent mobility problems.

Currently, several senior organizations recommend maintaining one pair of eyeglasses for "walking" around to avoid issues with stairs and sidewalks/curbs that are broken or divided. These are all important considerations when selecting the lenses and frames for eyeglass comfort and to maximize the wearer's steadiness and stability.

It is important to see an Eye Care Professional (ECP) who understands these concerns. In addition, the practice should adhere to all CDC protocols for the safety and security of all, including seniors.

Feel free to ask if all frames are sanitized in the fitting and dispensing of eyeglasses. Following these easy steps in purchasing eyeglasses ensure comfort, safety, and optimal vision for seniors.

Dr. Carolann Speranzo is a Registered Dispensing Optician and owner of SECOND SIGHT in Quincy since 1979. She is a Fellow of the National Academy of Opticianry and the Contact Lens Society of American and is certified by the American Board of Opticianry.

Speranzo is also an Adjunct Professor at MCPHS School of Healthcare Business. She can be reached at 617-773-1178 or secondsighteyewear@verizon.net

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On Sunday, Dec. 6, at approximately 2:20 p.m., Officer Milliken and Officer Duggan were dispatched to the rear of 21 Linden St. on a report of an erratic female.

The caller reported the female was possibly under the influence as she was yelling and trying to break into vehicles. The suspect was described as a white female wearing a gray sweatshirt and black hoodie sweatshirt.

While officers were responding, E-911 received multiple calls pertaining to this female. Communications updated officers that the female was currently on the hood of a vehicle and was trying to rip the windshield wipers off.

On arrival, officers located the suspect who they recognized from past interactions. Officer Milliken approached the female and asked her what was going on. She stated she was followed from the train station by a man in a vehicle and was scared for her safety.

In speaking with the female, Officer Milliken observed her in an excited state. Her pupils were pinpointed and she kept flailing her arms up and down and reaching into her pockets after repeatedly being ordered her to keep her hands visible. Due to these circumstances, Officer Duggan temporarily detained her and an ambulance was requested for an evaluation. Officer Duggan remained with the female as Officer Milliken started interviewing multiple parties who had arrived on scene claiming to be a victim/witness.

Officer Milliken spoke with one victim whose vehicle was involved. The victim stated he had parked in a handicapped spot at the rear entrance to pick up his wife. As he left the parking spot, he headed eastbound in the parking lot to try and exit the complex. He stated out of nowhere

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS
Public Information Officer
Quincy Police Department

a female unknown to him jumped on the hood of his vehicle and began screaming at him calling him an offensive n-word and refused to get off his vehicle. The female began damaging his driver side windshield wiper and attempted to physically rip it off the vehicle.

Officer Milliken observed the vehicle, which appeared to be brand new, with scratches across the entire hood. The vehicle's driver side windshield wiper was significantly bent and inoperable. A second witness corroborated this story and stated he was walking through the parking lot at the time of the incident and witnessed the female jump on the hood of the vehicle for no apparent reason and damage the vehicle. The victim was provided a case number and sent on his way.

Officer Milliken then spoke to a second victim. This victim stated that she was operating her personal vehicle and entered the rear parking lot in attempt to park in her assigned space. Out of nowhere, a female jumped up and clung on to the front passenger side of her vehicle and began licking the window and yelling incoherently. The victim stated the female eventually removed herself and walked away. When the victim inspected her vehicle there was fresh damage

(scratches) to the passenger front door that were not there before and the victim was certain it came from the female while she was attached to the vehicle. The second victim was provided a case number for her records and sent her on her way.

Brewster Ambulance arrived on scene and evaluated the female who signed a patient refusal. As Officer Milliken concluded his interviews, a male (who refused to identify himself) approached him and stated the female had also assaulted an elderly female at 10 Weston Ave. He told officers the elderly female (63 years of age) was too frightened to come out to speak with officers.

Officers approached her apartment and she relayed the following information. She entered the front of the complex and was walking back to her apartment when she noticed a female lying face down in the front lobby. Concerned for her well-being, she asked the female if she was okay. At that point, the female jumped up off the ground and rushed at her while yelling incoherently, then with a closed fist struck her one time in her left upper-arm. The elderly female stated she had minor discomfort in her arm but refused medical services. She stated she was frightened by what took place and rushed back to her apartment and locked the door for her safety.

Based on all the information obtained, the 32-year-old from Weymouth was placed under arrest. She was transported to the Quincy Police Station where she was charged with assault & battery on an elderly person and two counts of malicious damage to a MV. An Elder Abuse Mandated Reporter Form (19C) was filed.

QUINCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, DEC. 4

LARCENY (wallet), 3:02 a.m., Victory Avenue. Says a "guest" who she doesn't know stole her wallet earlier tonight. Unknown amount of cash taken. Several credit cards are being used. 775 conducting a phone interview. Report filed.

VANDALISM/PROPERTY (vehicle), 7:33 a.m., Southern Artery. Caller states that while his vehicle was parked in the rear lot someone took rocks from near his vehicle and used them to dent and damage the vehicle. No suspect info and no video cameras in area. Case number provided.

VANDALISM/PROPERTY (attempt), 8:07 a.m., Edinboro Road. Looks like suspect tried to use crow bar to gain access. Not a B&E, it is a dented door.

VANDALISM/PROPERTY (rear window smashed), 8:23 a.m., Faxon Commons, 995 Southern Artery. Serviced. Report.

VANDALISM/PROPERTY (back window), 9:29 a.m., Fowler Street. Back window of vehicle smashed with rocks. Reporting party says neighbor has a large pile of rocks unsure if it is related.

VANDALISM/PROPERTY (white Honda Civic/past), 10:16 a.m., Murdock Avenue. Broken back window is smashed, overnight. Parked in front on driveway. Entry to vehicle, rock in the backseat damaged inside.

VANDALISM/PROPERTY (cracked windshield), 10:29 a.m., 1047 Southern Artery. Car parked in the parking lot. Honda Accord, silver. Happened last night; caller is at scene now.

VANDALISM/PROPERTY (language barrier), 3:31 p.m., Newport Avenue. Something about windshield. Person on scene said he was going to fix the window.

ASSAULT AND BATTERY (past), 3:32 p.m., Quincy Rehab Nursing Center, 11 McGrath Highway. States she was assaulted by unknown party. Will not give further details to employees. Nurse needs to report to OFC.

ASSAULT AND BATTERY (3 males), 5:12 p.m., Burger King, 62 Granite St. Tan SUV Suburban. White male, older, gray sweatshirt, no weapons visible. Uninvolved caller reports three white males fighting. No weapons.

VANDALISM/PROPERTY (wires cut), 6:07 p.m., Alvin Avenue. Caller said one of her Christmas lights line looks like it was cut. Caller is not sure how long it has been cut for. Caller spoke with her neighbors and no one else around her had lights that were damaged. Incident closed.

SATURDAY, DEC. 5

LARCENY (package missing), 2:03 p.m., Merry-mount Road. Missing from delivery spot on the front porch. Has text of delivery. Spoke with party on the phone. Party is going to check one more spot for a package will call back if necessary.

VANDALISM/PROPERTY (lawn damaged), 2:50 p.m., Butler Road. FedEx driver drove up on lawn, ripped up grass intentionally after reporting party told driver the grass is soft from rain.

VANDALISM/PROPERTY (graffiti), 8:04 p.m., Quincy Car Wash, 495 Southern Artery. Incident closed.

LARCENY (past), 10:58 p.m., Eddie Street. Not wishing to pursue at this time, will take it up with bank.

SUNDAY, DEC. 6

VANDALISM/PROPERTY (vehicle was keyed), 12:28 p.m., Linden Street. Incident closed.

VANDALISM/PROPERTY (white female yelling), 2:13 p.m., 21 Linden St. Arrest made. Back lot. Gray sweatpants, black hoodie is either DK or on 94C. Hitting an unknown female up against the fence in back. Female is pulling windshield wipers off car of reporting party now female is on hood of car of reporting party. Unknown female is trying to get in male reporting party's car. Brewster notified, no EMS. One under arrest aggravated A&B, 2 counts malicious damage.

VANDALISM/PROPERTY (vehicle), 7:59 p.m., Murdock Avenue. Caller states that her back window was smashed in and that there are a lot of dents in it. She states this happened Thursday. Caller states she thought she knew who it was that did it and didn't want to file a report, but now she is convinced it was not them and would like to file a report.

BREAKING AND ENTERING/ATTEMPT (just happened), 10:40 p.m., Quincy Housing Authority Maintenance, 15 Bicknell St. Caller states that 6 male teenagers, one in a big blue jacket - all in sweatpants - caller states that he saw them trying to lift the garage door. Caller states door is now slightly open, but the kids are now walking around the neighborhood. Additional caller stated he also saw teens in area of Figurehead and Taffrail trying doors. K9 checked interior, does not appear anyone gained access. Keyholder to ensure door is better secured.

TUESDAY, DEC. 8

BREAKING AND ENTERING/PAST (dwelling), 1:59 p.m., 1000 Southern Artery. Report to be filed.

LARCENY (phone), 4 p.m., 1000 Southern Artery. Caller thinks someone came into her apartment and stole her cell phone. Would like to speak with an officer by phone.

ASSAULT AND BATTERY (just happened), 9:02 p.m., 1000 Southern Artery. Gone on arrival. The male in question - yellow and black plaid shirt, blue jeans, black and white sneakers - 6'6", black hair and glasses, white male. Caller states that male hit him, no weapons involved. States it all started because the make is DK and he asked him to

leave. No domestic relationship, caller does not wish to pursue. Suspect GOA.

VANDALISM/PROPERTY (attempt), 8:07 a.m., Edinboro Road. L

WEDNESDAY, DEC. 9

VANDALISM/PROPERTY (Christmas lights), 10:29 a.m., Ferndale Rd. Serviced.

LARCENY (package), 10:55 a.m., East Elm Avenue. Serviced.

VANDALISM/PROPERTY (to fence), 2:52 p.m., Pratt Road. Bottles and trash left behind. Kids cut down fence have been drinking there at night.

LARCENY (package), 3:56 p.m., Faxon Avenue. A package was stolen from caller address Dec. 1. There is a report filed but Amazon requires that caller's name be listed in the report. Officer left message with caller. Reporting party did not answer, message left.

THURSDAY, DEC. 10

LARCENY (items/storage space), 12:52 p.m., Braewell, 230 Willard St. Reporting party told officer would call her. Civil matter advised.

LARCENY (banging on the door), 6:35 p.m., Stewart Street. Reporting party states she has a bat and banging on his door.

VANDALISM/PROPERTY (past), 7:18 p.m., 2 Hancock St. Mirror ripped off of driver side door of car in parking lot at above address. Incident closed. No suspect info.

LARCENY/MOTOR VEHICLE, 10:05 p.m., Taffrail Road. Caller believes his car was stolen. He was been looking for it for the last 20 minutes. NIBRS and form completed.

Larceny MV: Taffrail Road

Breaking & Entering MV: Bowdoin Street Reservoir Road, Crown Drive, Farrington Street, Prospect Avenue, Belmont Street, Old Colony Avenue

Breaking & Entering Past: 1000 Southern Artery

Breaking & Entering Attempt: Bicknell Street

Total Calls For Service: 1,025



QUINCY POLICE CHIEF Paul Keenan and members of the Quincy Police Department Dec. 11 presented Cops For Kids With Cancer, Inc. a check for \$15,150 which was raised during No Shave November. Accepting the donation was Helena Rafferty, president of the organization.

Photo Courtesy Sgt. Karyn Barkas

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Boston Notches Legal Win In Bridge Dispute

Koch: Quincy Will Appeal Decision

By SCOTT JACKSON

The city of Boston claimed a legal victory in its ongoing dispute with the city of Quincy over plans to build a new bridge to Long Island.

Quincy will appeal the decision and officials say various other challenges to the project remain under way.

Boston Mayor Marty Walsh on Dec. 9 said a Suffolk Superior Court judge ruled in favor of Boston in its appeal of the Quincy Conservation Commission's denial of a permit for the bridge project. In a statement, Walsh said the decision is another affirmation that Boston is taking appropriate measures to minimize environmental impacts of the project.

"There is no doubt the opioid crisis has been exacerbated by the ongoing COVID-19 pandemic and the impact of the temporary closure of supports and services," Walsh said.

"We applaud this very well-reasoned decision by the Suffolk Superior Court which brings us one step closer to providing people with services they need to attain and maintain recovery. This is something that goes beyond city lines, and we continue to hope to work together with the City of Quincy to move forward on this project that will serve and benefit the region."

Quincy Mayor Thomas Koch said the decision would be appealed.

"We'll be appealing, and this is not remotely close to the final chapter in this case," he said in a statement. "The City of Quincy still has a series of serious legal, environmental, and public safety questions that have yet to be resolved at the state, federal and local level."

"This was an ill-conceived and unsound plan the day it was released nearly three years ago, and it remains so today"



RENDERING of the proposed bridge that would connect Long Island (foreground) to Moon Island. Boston Mayor Marty Walsh has said the bridge would cost \$92 million to build. The city of Quincy has been fighting the proposal, citing traffic concerns.

Courtesy City of Boston

Quincy City Councilor William Harris, whose district includes Squantum, echoed a similar sentiment.

"It wasn't the right decision by the judge for sure, but I also wouldn't be popping the champagne corks,

either, if I were the City of Boston," Harris said. "This is just one round in long fight, and the City still intends to pursue our rights to the fullest extent possible. This was one of several legal cases pending, so no matter

how Boston tries to spin this, they are still far away from being allowed to build this half-baked and potentially dangerous bridge.

"There are still a ton of local, federal and state issues that have not been resolved.

I've spoken to Mayor Koch, and we both remain 100 percent committed to doing everything possible to protect our neighborhoods. As the saying goes: We have not yet begun to fight!"

Cont'd On Page 13

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Knob Creek 120 proof 9-year	\$ 52.99
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Stolichnaya Vodka 1.75 LTR	\$ 24.99
Katol One Vodka 1.75 LTR	\$ 29.99
Belvedere Vodka 1.75 LTR	\$ 39.99
Grey Goose Vodka 1 Liter	\$ 29.99
The Vodka 1.75 LTR	\$ 28.99
Wheatley Vodka 1.75 LTR	\$ 25.99
Smirnoff Vodka 1.75 LTR	\$ 17.99
Skyy Vodka 1.75 LTR	\$ 19.99
Platinum Vodka 1.75 LTR	\$ 12.99
Tanqueray Gin 1.75 LTR	\$ 32.99
Beefeater Gin 1.75 LTR	\$ 29.99
Dingle Gin 750 ML	\$ 38.99
Botanist Gin 750 ML	\$ 34.99
Captain Morgan 1.75 LTR	\$ 22.99 - (\$6.00) M.L.R. - \$ 16.99
Bacardi Light & Dark Rum 1.75 LTR	\$ 18.99 - (\$4.00) M.L.R. - \$ 14.99
Espolon Blanco 750 ML	\$ 19.99
Cazadores Blanco & Reposado 750 ML	\$ 19.99
Milagro Single Barrel Select Reposado 750 ML	\$ 38.99
Mezcal Vago Espadin Joel Barriga 750 ML	\$ 39.99
Canadian Club 1.75 LTR	\$ 18.99 - (\$7.00) M.L.R. - \$ 11.99
Jim Beam Bourbon 1.75 LTR	\$ 25.99 - (\$7.00) M.L.R. - \$ 18.99
Seagram's VO 1.75 LTR	\$ 20.99
Jack Daniels 1.75 LTR	\$ 39.99
Woodford Reserve Bourbon 750 ML	\$ 29.99
Wild Turkey Long Branch Bourbon 750 ML	\$ 22.99
Micher's Straight Bourbon 750 ML	\$ 34.99
Hirsch Small Batch Bourbon 750 ML	\$ 31.99
Pinkhook Bourbon War 750 ML	\$ 43.99
Summit Toki Whisky 750 ML	\$ 29.99
Crown Royal Canadian Whisky 1.75 LTR	\$ 39.99
Jameson Irish Whisky 1.75 LTR	\$ 44.99
Glenmorangie 10 Year Scotch 750 ML	\$ 34.99
Laphroaig 10 Year Scotch 750 ML	\$ 44.99
Lagavulin 16 Year Scotch 750 ML	\$ 76.99
Oban 14 Year Scotch 750 ML	\$ 67.99
Johnnie Walker Red 1.75 LTR	\$ 28.99
Johnnie Walker Black 750 ML	\$ 27.99
Dewars 1.75 LTR	\$ 28.99 - (\$7.00) M.L.R. - \$ 21.99
Kahlua 1.75 LTR	\$ 30.99
Grand Marnier 750 ML	\$ 29.99 - (\$8.00) M.L.R. - \$ 21.99
The Irishman Irish Cream 750 ML	\$ 16.99
Pallini Limoncello 750 ML	\$ 19.99
Aperol 750 ML	\$ 19.99

WINE SPECIALS

Campari 750 ML	\$ 28.99
Ouzo No. 12 750 ML	\$ 14.99
Remy Martin VSOP 750 ML	\$ 44.99
Metaxa Brandy 7 Star 750 ML	\$ 22.99
Laurent Perrier Brut	NV \$ 39.99
Nicolas Feuillate Brut	NV \$ 28.99
Parrier Jout Brut	NV \$ 39.99
Chandon Brut	NV \$ 15.99
Westport Rivers RJR Brut	2009 \$ 19.99
Pina Ridge Sparkling Chateau Blanc - Viognier	NV \$ 14.99
Carpena Malvaldi Prosecco Superiore Extra Dry	NV \$ 14.99
Tapiz Sparkling Rose Extra Brut	NV \$ 12.99
Ferrari-Carano Fume Blanc, North Coast	2019 \$ 11.99
Groth Sauvignon Blanc, Napa Valley	2018 \$ 16.99
Stags' Leap Winery Sauvignon Blanc, Napa Valley	2018 \$ 19.99
Calera Mt. Harlan Viognier	2016 \$ 22.99
Hess Select Chardonnay, Monterey County	2018 \$ 9.99
J. Lohr Chardonnay, Arroyo Seco	2018 \$ 9.99
Golden Winery Chardonnay, Monterey County	2018 \$ 11.99
Simi Chardonnay, Sonoma County	2018 \$ 12.99
La Crema Chardonnay, Sonoma Coast	2018 \$ 15.99
Forge Cellars Riesling Classique, Finger Lakes	2018 \$ 16.99
Golden Winery Pinot Noir, Monterey County	2017 \$ 11.99
Angelino Pinot Noir Reserve, Mendocino County	2018 \$ 12.99
Moemi Pinot Noir, California	2018 \$ 16.99
Eola Hills Pinot Noir, Willamette Valley	2017 \$ 17.99
Maison Noir OPF Pinot Noir, Willamette Valley	2018 \$ 19.99
Shoe Vineyards Estate Pinot Noir, Willamette Valley	2016 \$ 29.99
Belle Glos Clark & Telephone Pinot Noir, Santa Maria Valley	2017 \$ 39.99
Charles Krug Merlot, Napa Valley	2016 \$ 18.99
Cris Cross Cabernet Sauvignon, Clarksburg	2016 \$ 12.99
Cr Substance Cabernet Sauvignon, Columbia Valley	2018 \$ 13.99
Hafler Ranch Synthesis Cabernet Sauvignon, Paso Robles	2017 \$ 16.99
Twenty Rows Cabernet Sauvignon Reserve, Napa Valley	2018 \$ 19.99
Jordan Cabernet Sauvignon, Alexander Valley	2015 \$ 44.99
Pine Ridge Cabernet Sauvignon, Napa Valley	2016 \$ 49.99
Chappellet Mountain Cuvée, Napa Valley	2018 \$ 29.99
Celestin Blondeau Sancerre, Loire Valley	2018 \$ 19.99
Chateau Soucheir Anjou Blanc, Loire Valley	2018 \$ 18.99
Domaine Sebastian Damp Chablis Vailons Premier Cru	2018 \$ 21.99
Trimbach Riesling, Alsace	2017 \$ 15.99
Louis Jadot Beaujolais Villages	2019 \$ 8.99
Domaine Thevenet & Fils Bourgogne Rouge, Les Clos	2018 \$ 17.99
Bleier Père et Fils Cotes du Rhone Villages La Jassine	2018 \$ 12.99
Chateau Haut-Baussejour Saint-Estephe, Bordeaux	2016 \$ 26.99
Kris Pinot Grigio, Venetia	2019 \$ 9.99
Barone Fini Pinot Grigio, Valdadige	2019 \$ 8.99
Rocca delle Macie Chianti Classico	2018 \$ 11.99
Vignamaggio Chianti Classico	2016 \$ 14.99
Castellare Chianti Classico	2018 \$ 18.99

Mucarro Rioja Reserve	2014	\$ 14.99
Karp Schreiber My Karp Riesling	2019	\$ 10.99
Tapiz Malbec Alba Collection, Uco Valley	2017	\$ 12.99
Lal Madrid Bogani Reserve, Agrelo	2016	\$ 14.99
Kim Crawford Sauvignon Blanc, Marlborough	2019	\$ 11.99
Spy Valley Sauvignon Blanc, Marlborough	2019	\$ 13.99
Clos du Bois Chardonnay 1.5 LTR		\$ 15.99
Masorelli Montepulciano d'Abruzzo 1.5 LTR		\$ 13.99
Sutter Home Cabernet / Chardonnay / Merlot 1.5 LTR		\$ 8.99
C. K. Mondavi Cabernet / Chardonnay / Merlot 1.5 LTR		\$ 8.99
Beringer White Zinfandel 1.5 LTR		\$ 8.99
Mezzacorona Pinot Grigio 1.5 LTR		\$ 9.99
Bota Box 3 LTR		\$ 15.99

BEER SPECIALS

Bud, Bud Light 30 Pack Cans	\$ 22.99
Coors Light/Miller Lite 30 Pack Cans	\$ 22.99
Michelob Ultra 24 Pack Loose/Suitcase	\$ 20.99
Yuengling 24 Pack Cans	\$ 18.99
Corona & Corona Light Loose Bottle Case	\$ 26.99
Heineken/Amstel Loose Bottle Case	\$ 24.99
Stella Artois 24 Pack Loose	\$ 25.99
Carlsberg 16 oz. 2/12 Pack Cans	\$ 23.99

CRAFT BEER & CIDERS

Night Shift Nite Light 12 Pack Cans	\$ 12.99
Goose Island IPA 15 Pack Cans	\$ 14.99
Samuel Adams ALL TYPES 12 Packs	\$ 14.49
Harpoon IPA Loose Bottle Case	\$ 25.99
Harpoon IPA/Seasonal 12 Pack Bottles	\$ 14.49
Dogfish 60 Minute IPA 12 packs	\$ 15.99
Sierra Nevada ALL TYPES 12 Pack Bottles	\$ 13.99
Wachusett Blueberry 12 Pack Cans	\$ 14.99
Lagunitas IPA 12 Pack Bottles	\$ 14.49
Cisco (All Types) 12 Pack Cans	\$ 14.49
Founders 15 Pack Cans	\$ 14.99
Jack's Abby ALL TYPES 12 Pack	\$ 13.99
Mighty Squirrel Cloud Candy 4 Pack	\$ 11.99
Lamplighter Birds of a Feather 4 Pack	\$ 12.99
Vermont Beer Maker DIPA 4 Pack	\$ 13.99
Widowmaker Brewing Blue Comet IPA 4 Pack	\$ 13.99
Exhibit A Cat's Meow IPA 4 Pack	\$ 11.99
Lord Hobo Boom Sauce 4 Pack	\$ 12.99
Lone Pine Raspberry Sparkler 4 Pack	\$ 14.99
Three Flays Gumballhead Pale Ale 12 Pack	\$ 17.99
Magner's Cider 12 Pack Bottles	\$ 14.99
Downeast Cider ALL TYPES 9 Pack	\$ 14.99
Truly Seltzer ALL TYPES 12 Pack	\$ 14.99
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Real Estate

Quincy Real Estate Transactions December 7 - December 11

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER	BUYER	AMOUNT	ADDRESS
G & R Trust	Falconi Realty Co LLC	\$1,540,000.00	253 Centre Street
Bridget McDonough	Joseph P. Finn	\$680,000.00	3 Brigantine Lane, Unit 30
Linda Yu	Christopher J. Carrillo	\$320,500.00	21 Linden Street, Unit 416
Cynthia A. Veasey	Yan Chen & Xiao D. Lin	\$650,000.00	44 Rawson Road
James B. & Leigh M. Heffernan	Randy & Michelle Brachman	\$670,000.00	248 Harvard Street
Gerard J. & Lynne B. Powers	Ying L. Gao	\$850,000.00	99 South Central Avenue
133-135 Hancock Street LLC	Allan J. & Nancy E. Salzman	\$534,900.00	133-135 Hancock Street, Unit 8
Joseph G. & Nancy E. Moynihan	Rachel Mazzola	\$290,500.00	6 Presidents Lane, Unit 6-5
Creative Development Associates LLP,	Ying K. Chau	\$630,000.00	235 Farrington Street, Unit B
JEMS Financial			
Jaime L. Sanchez	Lien K. Nguyen & Tam D. To	\$715,000.00	14-16 Stevens Street
Kalantzis Trust	Shaun & Hannah Malzadeh	\$650,000.00	125 Willow Avenue
George Greene	Jason & Nicole Loeb	\$625,000.00	21 Newbury Avenue
Brendan P. Cox & Kelly A. Squatrito	Li Xu	\$493,000.00	75 Davis Street
Albert P. Patrick Jr.	Norman Connell	\$249,900.00	10 Weston Avenue, Unit 112
Anthony Nguyen	Pingting Li & Zhenda Huang	\$535,000.00	56 Glover Avenue
Phi Tran & Tracy Nguyen	Swetha Todupunoori	\$796,000.00	92 South Central Avenue
Neponset Pont LLC	Matthew Charmello	\$645,000.00	57 Quincy Shore Drive, Unit 508
John S. & Erin Campbell	Jamie Pickup	\$254,000.00	772 Willard Street, Unit B-10
Peter J. Damiano	Benjamin J. & Bronwyn Swanson	\$500,000.00	78 Lenox Street
Randal & Deann M. Orie	Monica Carroll	\$385,000.00	78 Crescent Street
Rozane Velozo	Kelly M. Shanahan & Aimee E. Belanger	\$464,000.00	16 Labadine Street
William J. Hyman	Amanda M. McEvilly	\$435,000.00	114 Quincy Shore Drive
Khanh Q. Le & Tiffany Nguyen	Tin T. Mai	\$575,000.00	18 Montilio Street
Estate of June M. Gibbons	Adrian & Vjolca Saliaj	\$364,000.00	340 South Street
Edward & Tracey Santulli	Nicole Santulli	\$387,000.00	27 Mill Street, Unit B

O'Donnell Promotes Homestead Act

Register of Deeds William P. O'Donnell reminds Norfolk County homeowners about the importance of filing for Homestead protection.

"If you own a home, and it is your primary residence, one way to protect it is to file a Homestead," O'Donnell said. "The Homestead law provides a homeowner with limited protection against the forced sale of their primary residence to satisfy unsecured debt up to \$500,000. This is especially important when you consider that for most of us, a home is our most valuable asset."

Another feature of the Homestead law is the allowance for a filing of an

Elderly Homestead application, which defines an elder as a person who is 62 years of age or older. This protection can be increased if the elderly couple are each 62 years of age or older and file jointly.

"Back in March of 2011, the Homestead law was updated so that a valid Homestead cannot be terminated when refinancing a mortgage," O'Donnell said. "Other changes that took place back in 2011 state that a Homestead can provide

Cont'd On Page 14

My Ode To Joy

By BARBARA GRACEFFA
'Secretary Of The Interior'

Time magazine called 2020 the worst year ever. Yet, I have many blessings this extraordinary year. First, I am grateful that my 86-year-old parents are still with us, safe, and well-cared for in assisted living. Second is my caring husband. (Sorry honey, you weren't number one this year but I think you understand.) Third, it might surprise you, is my hobby.

Someone with a hobby is never bored.

With plenty of fabric and thread to last years, I was able to make more than 40 quilted wall hangings since late March trying different techniques, unusual fabrics, and, at times, embellishments like beads, lace, and ribbons.

"What are you doing with all these quilts? And where are you storing them in your condo?" asked my mother. Actually, I gave most of them away for happy and not-so happy occasions. A nautical quilt for friends with a new home in Hull. A gift for a new baby in the family. Fall door banners to cheer up two elderly neighbors. A Morse Code quilt for an eight-year old who was really missing in-person school. A wonky house quilt for a soon-to-be divorced sister-in-law as she moved into a new apartment. A brightly striped and polkadotted lap quilt for a friend with Stage 4 colon cancer. (You can see some of my quilts on my Instagram account @secretaryinteriordecorating.)

Besides the joy of sewing itself, I loved sharing pictures of my quilts not only with family and friends but with members of two quilt guilds to which I belong. These "mutual-admiration" societies provided me the socialization we all crave during the pandemic.

As a tragic and tumultuous 2020 winds down and we continue the spirit of thanksgiving through year's end, I invite you to reflect on what brings you joy. In addition to the big things like good health and a loving family, remember the little things, too - perhaps time to read a good book, an afternoon nap, or the bubbles that tickle your nose from a glass of champagne.

Barbara Holland, author of *Endangered Pleasures*, writes, "Let us strive to be merry. Gloom we have always with us, the rank and sturdy weed, but joy requires tending."

Do you have a decorating problem needing a professional solution? Send your questions to Secretary of the Interior at barbara@sec-interior.com.

Barbara Graceffa owns and operates Secretary of the Interior, an interior decorating company in Quincy, offering creative solutions at reasonable rates. For more information on her services, view her portfolio, and read testimonials about her work, visit www.sec-interior.com. Or call 617-921-6033.

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Councillors Approve Municipal Aggregation Plan

By SCOTT JACKSON
City councillors have approved a municipal aggregation plan for Quincy, which will allow the city to seek a new supplier of electricity that draws more of its power from renewable resources.

The council approved the plan on Dec. 7 in a unanimous vote.

The city will go to the market and solicit bids for a new supplier of electricity to replace National Grid beginning early next year. Customers would automatically be switched to the new supplier but can opt out of the program.

After the new supplier is chosen, National Grid would continue to deliver the electricity and service and repair the electrical infrastructure in the city. National Grid would also continue to bill customers for both supply

and delivery charges and would remit payment to the new supplier.

Massachusetts currently requires 20 percent of electricity be generated from renewable resources, such as hydro, solar or wind. That figure increases 2 percent each year.

Quincy will seek a new energy provider that generates 10 percent more of its electricity from renewable resources than the state requires. Customers could also choose to buy electricity that is 50 percent or 100 percent from renewable resources; they could also opt down to the state minimum.

Shelly Dein, the city's director of energy and sustainability, said Quincy businesses and residents use 150 million kilowatt hours of electricity each year. If three-quarters of all electric-

ity users switch to the default municipal aggregation plan, it would reduce emissions of carbon dioxide, a greenhouse gas, by 5,500 metric tons each year.

"In terms of an equivalent, it's like we're building...almost three and a half wind turbines of an average size," Dein said. "If folks want to think about it in terms of cars, it's about taking 1,200 cars a year of the road. It really has a significant environmental impact."

The program has additional benefits for consumers, Dein added.

The new supply rates would be locked in over a two- or three-year contract. National Grid, on the other hand, changes its rates every six months. That could result in a cost savings for consumers, though it is not guaranteed.

Additionally, Dein said municipal aggregation would offer consumer protection. Quincy's program, she said, would have no hidden costs or penalties for opting out, unlike third-party suppliers who currently do business in the city.

There will be an extensive outreach campaign to the public before the city switches electrical suppliers, Dein said, including a website for customers, flyers in multiple languages, and community meetings. Those meetings would be held either in-person or remotely, depending on health and safety guidelines.

More than 150 communities across Massachusetts have municipal aggregation in place. Good Energy - the firm that Quincy hired as a consultant for the process - has assisted more than

50 communities with those plans. Customers in those communities saved nearly \$5.4 million collectively in 2019.

Quincy officials had begun looking into municipal aggregation in 2018, after Ward 3 Councillor Ian Cain introduced a resolution to urging city officials to consider the program.

Several residents said they supported the initiative during a public hearing prior to the council's vote.

Joseph Murphy, a Macy Street resident, called the program a "win-win for everybody."

"It's something that won't cost the residents or the average Quincy taxpayer anything in terms of convenience. They won't feel a change in their life, but they will be helping the environment and possibly saving money," Murphy said.

"When we have the opportunity to do something easy like this that could help the environment and not really cause any inconvenience among the residents, we need to take that."

Maggie McKee of Rawson Road said she supports the program because the city is at risk from climate change.

"As I understand it, we don't know whether we would be paying about the same or a little bit more or a little bit less. But, from my perspective, any amount that we pay now is going to pay greater dividends in the future because we know we are facing this climate catastrophe," McKee said.

"If we're really serious about saving Quincy and not having it face the worst consequences, then we really need to put in some investment now."

Boston Notches Legal Win In Bridge Dispute

Cont'd From Page 11

Harris said he would like to partner with Boston on plans for a regional recovery center, provided it is in a more suitable location than on Long Island.

"The opioid epidemic our region is facing is heart breaking," he stated. I would jump at the opportunity to be part of helping and supporting the openings of regional recovery center projects throughout the city and our state, so they are effective for the people who desperately in need it. Projects that are placed in locations that make sense which will not be unsafe for neighborhoods, unsafe for the environment and in proximities of hospitals that would assure the safety of

the patients and people the centers would be serving.

"I truly would love to be a partner with Boston, fighting together this horrible epidemic than fighting a project that doesn't make sense in so many different ways."

The Quincy Conservation Commission originally denied Boston's application to rebuild the bridge in September 2018. Following that denial and upon Boston's appeal to the state Department of Environmental Protection, the DEP issued a superseding order of conditions, overruling the Quincy Conservation Commission's denial under the State Wetlands Protection Act, Boston officials said. In that decision, DEP affirmed that Boston was taking appropri-

ate measures to minimize environmental impacts to wetland resource areas.

While Boston continues its review, it reads the decision by the Suffolk Superior Court to say that DEP's determination that the project meets the requirements of the Wetlands Protection Act supersedes the Quincy Conservation Commission's denial under its local wetlands ordinance because its ordinance, as applied to the project, is not more strict than the state law.

The original Long Island Bridge connected Moon Island to Long Island for more than 60 years before it was closed in 2014 because of safety concerns; it was razed the following year. Walsh has announced plans to re-

build the bridge and open a new recovery campus on Long Island.

Quincy officials have proposed construction of the bridge, citing concerns

over traffic it could bring to Squantum and other neighborhoods.



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A Message From The Neighborhood Club Of Quincy

The Neighborhood Club of Quincy, with a strong tradition of serving members and guests since 1917, has temporarily shuttered its doors...something that has not happened since the Spanish Flu epidemic in 1918.

Acting out of an abundance of caution for its members, staff, function and business guests, and the communities it has served for over one-hundred years, the members' governing board overseeing the Club made the difficult decision to close temporarily its doors.

The Neighborhood Club has served many generations of members from many surrounding communities, with a strong business following and many guests over the years enjoying time with



NEIGHBORHOOD CLUB OF QUINCY, Glendale Road, has temporarily closed due to the COVID-19 pandemic. Courtesy Photo

family and friends at weddings, showers, birthdays, special dinners and upscale meetings with fine dining in a wonderful, traditional atmosphere. An abundance of memories!

None of this has affected the strong interest in every-one looking to safely reopen the Club, and bookings are strong for April, and beyond, already. You don't wipe-away the desire to

share important times, and members, businesses and community recognize this. By doing its share, the club will be back...stronger than ever.



Tasty Holiday Treats By Marie, Susie & John

Cont'd From Page 8

Waterless Soup – A Christmas Treat!

By JOHN RICCIUTI

Do you suffer from Misophonia? In this case becoming extremely agitated from the sounds that people make when eating? I do. That said, I make as much noise when I eat as a platoon of Marines that just came off of 3 days of survival training. So, I guess it balances out in the long run.

Picture this pre-covid-19 experience. You're at your Aunt Marie's house with 48 cousins. She has gone light this year and cut down to 3 entrees, and only one involves pasta. There are 9 appetizers and 23 desserts. You are seated next to your cousin Sidney. He is slurping his soup. You are ready to put his head into the bowl and hold it down until the bubbles stop coming up. Wait! Thanks to the wonders of science your troubles are over! Waterless soup!

This is a great dish for Christmas because it spares you from getting filled up on the water part of the soup and leaves room for cookies, cakes, pies and other festive delights that we all look forward to.

This recipe serves 10.

Ingredients

1 lb. of steak
1 lb. of small shells
1 can (28 oz) diced tomatoes
1 lb. frozen green beans
1 tablespoon oregano
1 tablespoon dried basil
1 tablespoon dried parsley
4 - 6 tablespoons olive oil
2 teaspoons of minced garlic, or 3 cloves of dried garlic
1 cup bread crumbs

Cook shells in a separate pan. Drain, rinse and set aside. Cut the steak into small cubes around ½ inch square.

Put a large pan on medium low heat

Put the first 2 - 3 tablespoons of olive oil in the pan, drop in the garlic and gently brown for a couple of minutes.

Add the cut-up steak. Stir every few minutes.

Once the steak is cooked on all sides add the green beans. Put the lid on the pan. The green beans have some moisture which will create steam and cook themselves. This takes about 10 -15 minutes. Stir the mixture of about every 5 minutes to keep things from sticking and burning. We don't want the smoke detectors to go off again. We learned our lesson the last time.

Once the green beans are soft add the diced tomatoes. Notice that the green beans and diced tomatoes are Christmas colors.

Add the ½ cup of the breadcrumbs, basil, parsley, oregano and remaining olive oil. Cook this for another 10 - 15 minutes and stir the mixture occasionally. Soon all the ingredients will be evenly disbursed.

Take the lid off of the pan and turn off the heat. If there is still residual liquid from the diced tomatoes fold in the remaining bread crumbs until it is all absorbed.

This can be served hot or cold, in a dish or a bowl, and eaten with a fork or a spoon. Talk about versatility.

Boun Natale - to non-Italians = Merry Christmas

Mini Stuffed Peppers A Colorful Side Dish for Christmas!

Today's recipe is a colorful side dish to make for the holidays. These stuffed peppers are made using small mini-peppers which usually come packaged to include green, red and yellow. I have used these many times and sometimes I stuff them and use them as an appetizer or side dish. These will be a wonderful addition to Christmas dinner because they can be made ahead of time and heated up at dinner time. I make these peppers using a bread stuffing, but any favorite stuffing will do.

Preheat oven to 350 degrees and prepare a cookie sheet with parchment paper or lightly grease.

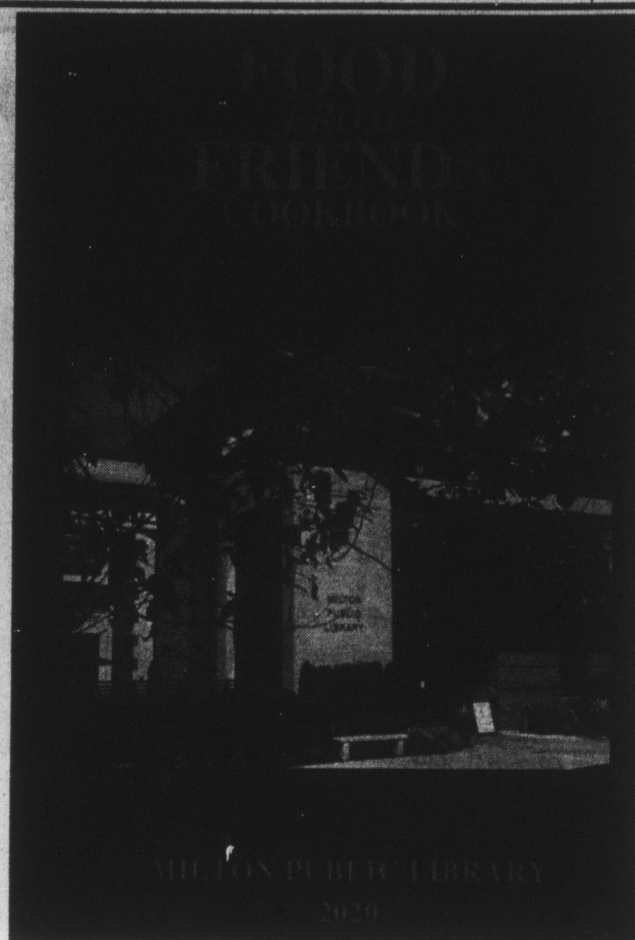
Ingredients:

8 small peppers, red, green, yellow
1 cup seasoned panko bread crumbs
¼ cup tomato sauce
1 tablespoon of parmesan or Romano cheese
1/4 cup water
1 teaspoon fresh parsley or dried basil
Olive oil for drizzling
Salt and pepper to taste

Cut tops off peppers and remove seeds. Mix the bread crumbs with water and sauce. Add rest of ingredients and mix well.

When the stuffing is thoroughly mixed, stuff each pepper and place on cookie sheet and then drizzle with olive oil, sprinkle with salt and pepper bake at 350 for 15 or 20 minutes until done.

Merry Christmas and Happy Holidays to everyone!



'Food From Friends' Cookbook

"Food from Friends," a new cookbook of over 190 recipes compiled by the Friends of The Milton Public Library, will be published in January.

But gift cards are available now that reserve copies as holiday gifts. The cost is \$14.95 per book for curbside pick-up at the Milton Public Library in January. If direct shipment is preferred, the cost is \$22.95/book.

To buy copies, visit the Paypal portal at www.mplfriends.org where credit card orders can be placed. Otherwise, checks payable to Friends of the MPL can be mailed to P.O. Box 54, Milton, MA 02186. If mailing a check, email Connie Spiros (cdspiros@comcast.net) so a book can be reserved while your check is in transit. Provide your email so gift cards can be sent to print out on your printer.

A team of 11 volunteers and recipes from over 80 contributors who shared their family favorites, shaped the book into its final, delicious form. When folks think of "home for the holidays," memories of cozy and celebratory foods live on.

Order now and support the Milton Public Library: www.mplfriends.org.

O'Donnell Promotes Homestead Act

Cont'd From Page 12

protections for a primary home even if it is kept in trust. The definition of a primary residence was also further expanded to include a manufactured or mobile home."

While a Homestead provides important protections for homeowners, it is important to note there are certain debts that are exempted from protection under the Homestead Act. These include federal, state and local tax liens, as well as mortgages contracted for the purchase of a primary home and nursing home liens. Most other mortgages, debts, and encumbrances existing prior to the filing of the Declaration of Homestead, along with probate court executions for spousal and child support, are also not covered under the Homestead protection statute.

Homestead documents are recorded at the Registry of Deeds for a state imposed fee of \$36. Additional information about the Homestead law, and free applications are available by going to the Registry's website at www.norfolkdeeds.org.

www.norfolkdeeds.org.

"I want to reiterate that a Homestead provides limited protection against the forced sale of a homeowner's primary residence to satisfy unsecured debt up to \$500,000," O'Donnell said. "While the debt is still owed, homeowners can have peace of mind knowing that with a Homestead recorded at the Registry of Deeds, their primary residence cannot be forcibly sold to satisfy most debts. If you have any questions about a Homestead, contact our Customer Service Center at 781-461-6101, Monday through Friday between the hours of 8:30 a.m. to 4:30 p.m. Our trained professionals are more than willing to answer any questions you may have."

The Norfolk County Registry of Deeds is located at 649 High Street in Dedham.

The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information.

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Officials Happy With Latest School Ventilation Tests

By SCOTT JACKSON

City officials are pleased with the results from the latest round of testing to check the ventilation systems inside the city's school buildings.

David Scott, a mechanical engineer with the Department of Public Buildings, presented the results of those tests to the School Committee on Dec. 9. Supt. Kevin Mulvey thanked Scott and his team for the work they have done to address the ventilation systems this year amid the coronavirus pandemic.

"They have been working tirelessly going above and beyond their normal duties to make sure that this second round of testing was done and done effectively

with our student population actually occupying the building with our staff," Mulvey said.

"Mr. Scott, not only has he done the testing, him and his team, but he has also done all of the retrofitting and repairs to bring our ventilation system up to where it needs to be for our staff and students to work and be educated in a safe environment."

The first round of testing took place between Oct. 1 and Oct. 8. To check the rate of air flow in the school buildings, the department sampled carbon dioxide in all classrooms and other school spaces with more than one occupant. None of the 280 rooms sampled at that time had carbon dioxide

levels that were concerning, Scott told the school board later that month.

The second round of sampling took place between Nov. 9 and Nov. 16, after students in grades four through twelve were allowed to return to school on a part-time basis using a hybrid learning model. There were 351 rooms identified as occupied during the second round of testing.

"The results were very good and very similar to phase one," Scott said of the latest tests.

Of those rooms tested, only one had a carbon dioxide level that would be considered too high. That room had a carbon dioxide level that was greater than 1,150 parts per million - 700 ppm beyond the local outdoor air carbon dioxide level, which is the benchmark used to determine if the ventilation is adequate or not.

Eight rooms sampled during the second round had carbon dioxide levels between 800 and 1,100 ppm, 18 rooms had carbon diox-

ide levels in the 700-range, and the remaining 324 were below 700 ppm.

Scott said the room with inadequate ventilation was located at the Atherton Hough Elementary School and was used for one-on-one teacher and student interaction. The room was in the lower-level of the building and had no windows.

The room was closed after the air sampling was done. A new window was installed in the room to im-

prove ventilation, allowing the room to be used again. The air quality has since been rechecked while the room was occupied, Scott said; the carbon dioxide level in the room was 590 ppm in that test.

Overall, Scott said ten new windows were installed at Atherton Hough after the second round of tests. A new exhaust system to serve the basement is also being designed.

The Department of Pub-

lic Buildings has also made a number of other repairs across the school system. Those include the installation of a new rooftop unit at Lincoln-Hancock and repairs to two other units there; installation of new windows at the Montclair School; the opening of closed dampers within the ductwork at Broad Meadows; and repairs to an exhaust fan at Beechwood Knoll.

New Special Education Director Chosen

By SCOTT JACKSON

The School Committee has confirmed the selection of Julie Graham as the district's new director of special education.

The committee unanimously approved of Supt. Kevin Mulvey's choice to name Graham the new special education director on Dec. 9. The position had been vacant since September when Erin Perkins, the previous director, was promoted to assistant superintendent.

Graham began working as a teacher at the Snug Harbor Elementary School in September 1998, Mulvey said.

"Ms. Graham worked within the Quincy Public Schools prekindergarten program working with students with disabilities in one of the most crucial times in their development, setting the stage for their success within the Quincy Public Schools," he said.

Graham stayed at Snug Harbor for 18 years before joining the special education team at the district's central office in 2016.

"Ms. Graham has

worked extensively with the district's special education staff, principals and academic classroom teachers," Mulvey said. "She has been a source of constant support for our families and students - I have seen that myself."

"Ms. Graham has worked on curriculum initiatives. She is the district's crisis intervention and prevention trainer. She participates in the development of the program improvement plan and has facilitated and worked with families of students in out-of-district placement as well as much, much more."

Anthony Andronico, the vice chairman of the committee, congratulated Graham on her promotion.

"We're looking forward to working with you, Julie, in your new role and we have a lot of confidence in you to fulfill the duties and take on some pretty big initiatives," he said. "Congratulations to you and I look forward to working together."

Graham thanked the committee members for their support.

"Thank you very much," she said. "I look forward to working with you as well."

Quincy Point Congregational Church

It is Christmas Sunday on Dec. 20. There will be both online worship at 10 a.m. on the Quincy Point Congregational Church YouTube page and a "drive in" caroling in the Quincy Point Congregational Church parking lot at 444 Washington St. (weather permitting).

Parking is limited, so you must pre-register and read the singing Covid Protocol at <https://www.eventbrite.com/e/132439278447>

Online Church School for all at begins on Sunday at 9:15 a.m. on The Quin-

cy Point Congregational Church YouTube page. This week Joyce and Karen will tell Jesus' story.

Stay tuned for Christmas Eve service information. The church appreciates your patience while we try to plan for something meaningful and yet safe during COVID. Friend us on Facebook, follow us on Twitter or sign up for our "Points" newsletter in the bottom right hand corner of www.quincypointcong.org to receive the most up to date worship information.

Early News, Ad Deadline For Dec. 23, Dec. 30 Suns

Because of the Christmas Day and New Year's Day holidays, The Quincy Sun has early deadlines for its Wednesday, Dec. 23rd issue and Wednesday, Dec. 30th issue.

All advertising and press releases for the Dec. 23rd issue must be received by Friday, Dec. 18th at noon.

The Sun will be going to press Monday, Dec. 21st for the Dec. 23rd issue - and be circulated on Tuesday, Dec. 22nd.

The Quincy Sun office will be closed on Christmas Day, Friday, Dec. 25.

All advertising and press releases for the Dec. 30th Quincy Sun issue must be

received by Wednesday, Dec. 23rd at noon. The Sun will go to press for the Dec. 30th issue on Monday, Dec. 28th and be circulated on Tuesday, Dec. 29th.

The Sun office will be closed Friday, Jan. 1st for the New Year's Day holiday.

The Sun wishes all a happy and healthy holiday season.



Downtown Construction Activities

Proposed work activities for the week of December 13th, 2020

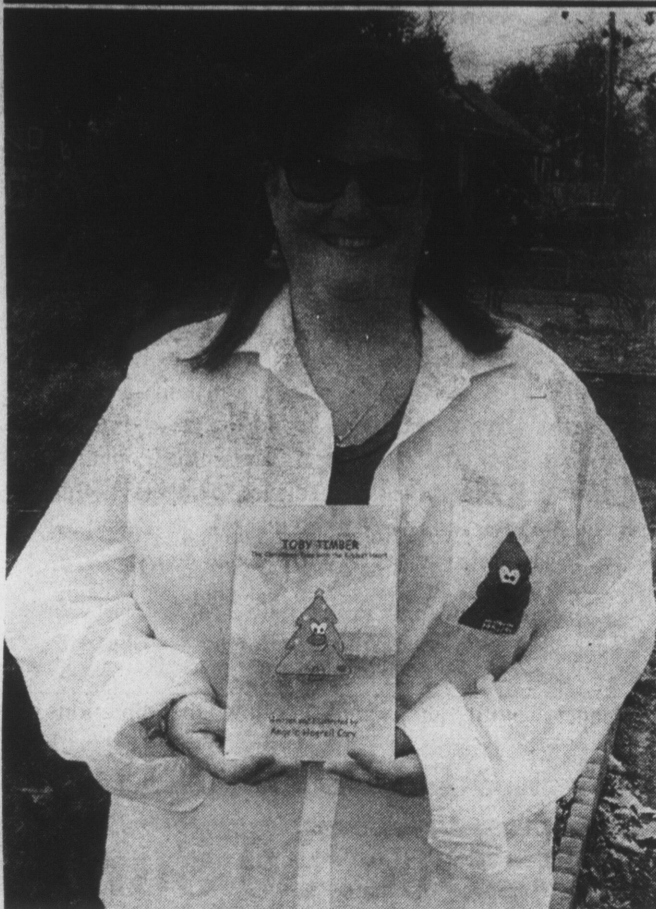



- Work continues at 25 Temple St on Washington St for the new building foundations. The sidewalk along Washington St remains closed during construction with the continued pedestrian detour. Businesses in this area remain open during construction. Please follow the temporary markings on Temple St and Washington St.
- The contractor at the General Bridge project will continue construction of the new concrete walls on either side of the bridge.
- The contractor at the General Dunford Drive project will continue installing new curbing, electrical conduit, irrigation, and backfilling areas above the silva cells around the recently installed trees within the future pocket park. Pedestrians are requested to continue crossing the street at the crosswalk before this area. Temporary barriers remain on Hancock St for temporary traffic re-alignment while the project is being constructed.
- Construction of new concrete sidewalk will begin this week along Hancock St. The sidewalk construction will be between Albas Restaurant to the West of Chestnut Building.
- The contractor will continue reconstruction of Cliveden St including grading and preparation for brick banding pavers. The contractor will continue installing new light pole bases, curbing, and secondary electrical conduits along McConville Way towards Granite St. The demolition of the existing alley that connects between Hancock St and McConville Way between South Shore Health and New England Comics/BAMSI will continue this week. Pedestrian traffic will be redirected towards Cliveden St or Granite St when entering this area during construction. In addition, the construction of the new cast in place concrete water fountain vault will continue this week. Finally, National Grid's subcontractor will be connecting new underground electrical primary conduit to and existing vault on Granite St.

(The photo on the above left shows the vibratory roller compacting the new roadway subbase adjacent to Granite St. The photo on the above right shows the construction of the new concrete sidewalk along Cliveden St.)

<https://www.quincyma.gov/mycity/> or follow @CityofQuincy on Twitter.

Contact Patrick McCarthy for construction question's at: 781-264-4646 or email at pmccarthy@woodardcurran.com



QUINCY NATIVE Angela Hogrell Cary introduces the reading world to the kind hearted friend Toby Timber in the book "Toby Timber - The Christmas Tree with the Kindest Heart." Courtesy Photo

Quincy Author Reminds Us To Be Kind

Angela Hogrell Cary Pens 'Toby Timber - The Christmas Tree With the Kindest Heart'

Quincy native Angela Hogrell Cary introduces the reading world to the kind hearted friend Toby Timber in the book "Toby Timber - The Christmas Tree with the Kindest Heart."

Toby's kindness is engaging and contagious. This will make a great addition to your holiday season because Toby's story tells what the holiday season is really about. Angela is the loving mother of two beautiful children, EllaRose and Bryson, and is a mother figure to many others. Angela is a first-time author and illustrator.

Angela said she was inspired to write Toby's story because she feels that being kind to one another is one of the most important virtues that we can teach our children. Angela being an amputee has helped her teach her children that it is ok to be different and that being kind to others makes them feel good as well as yourself. Being kind is what makes the world a better place.

Toby Timber is in an

easy to hold 6 X 9 formatted book featuring 25 pages with hand illustrated pictures. The hand drawn and painted pictures bring Toby to life. Toby's interaction with other characters show acts of generosity, thoughtfulness and especially kindness. This will make a memorable gift for the special child in your life. During the craziness of the holiday season this story shares good messages for the young and old alike. Toby serves as a reminder to us all to be kind.

Reviews:

"Delightful tale for all to read...What a charming holiday story! This will be part of our holiday tradition spreading kindness all year long," says Sue, an Amazon reviewer.

"Wonderful message... Great story with the overarching message of kindness, but also including selflessness, gratitude, and friendship. Beautifully illustrated," says Gayle an Amazon reviewer.

To purchase a book:

Available on Amazon.com in paperback or Kindle eBook; or autographed copies Direct from Angela: \$15 (shipping extra, will deliver locally)

Email to order direct: amc1532@yahoo.com

Check out her Facebook page to see Toby merchandise including plush Toby, keychains, ornaments, etc. <http://FB.me/tobytimbertree>

Boston Cannons Championship Trophy Raffle Fundraiser

Spend The holiday Season With Steinfeld Trophy of Major League Lacrosse, Other Prize Packs • All Proceeds Benefit The Boston Cannons Foundation

The Boston Cannons have launched an online raffle, with the first prize being the chance to spend a portion of the holiday season with the MLL Championship Trophy in your home.

The Cannons would deliver the trophy to the winner's home, with the trophy staying with the winner for approximately two days.

Additional raffle prizes include five winter warmer prize packs, which include a Boston Cannons winter beanie, and 20 Boston Cannons Championship posters.

Raffle tickets may be purchased in tiers, and participants must purchase a minimum of 10 entries, which has a \$10 value. The raffle is open until Dec. 20, with the winners being selected on Dec. 21.

All of the raffle's proceeds benefit the Boston Cannons Foundation.

Tickets can be purchased



THE BOSTON CANNONS have launched an online raffle, with the first prize being the chance to spend a portion of the holiday season with the MLL Championship Trophy in your home.

at - <https://go.rallyup.com/cannons-trophy>.

The Boston Cannons won the 2011 and 2020 MLL Championships, have

12 playoff appearances, and hold a league record with six MLL MVP's over 20 seasons.

Off the field, The Bos-

ton Cannons Foundation was established in 2016 and is dedicated to benefiting children and families in the New England area.

MA Nursing Home Cases, Deaths Rising; Some Facilities Still Lack Adequate PPE, Staff

Cont'd From Page 5

competitive wages

• Encouraging new models of LTSS facilities that can improve infection control with private rooms and bathrooms

• Imposing more meaningful fines and other penalties, especially for facilities that place residents in immediate jeopardy due to infection control violations

Festa added, "AARP will continue fighting to protect nursing home residents now and offering solutions to improve our long-term care system for the decades to come."

Using data released by the Centers for Medicare & Medicaid Services—which is self-reported by nursing homes—the AARP Public Policy Institute, in collabora-

tion with the Scripps Gerontology Center at Miami University in Ohio, created the AARP Nursing Home COVID-19 Dashboard to provide four-week snapshots of the virus' infiltration into nursing homes and impact on nursing home residents and staff. The dashboard will continue to be updated every four weeks. The complete dashboard is

available at aarp.org/nursinghomedashboard.

The LTSS Choices series, including "COVID-19 and Nursing Home Residents," is available at aarp.org/ltsschoices.

More resources and information on COVID-19 and nursing homes can be found at aarp.org/nursing-homes.

Pub Suspended For COVID-19 Violations

Cont'd From Page 3

Craic owner Stephen Kelley, who was not there on Nov. 14, said about a dozen of his regulars had organized the Friendsgiving get together.

"A few of my regulars wanted to get together that day before the holiday. As far I know, there were about 10 or 15 people," Kelley said. "They were aware of all the rules and regulations that had to be followed that day. It was not a private event...the bar was open for business."

Lt. Peter Turowski of the Quincy Police Department said a man under the age of 21 had been served alcohol inside the Craic on Nov. 25. Peter Pasciucco, Kelley's attorney, said the man in question had shown what appeared to be a valid Irish passport to the doorman. Turowski, however, said the individual only had a Massachusetts driver's license on him when he was

searched that night.

In addition, Turowski said he took photos inside the Craic that evening that show no food on any of the tables inside; the state does not allow patrons to be served alcohol unless they also order food. Pasciucco stated those patrons had been served food earlier that night.

Pasciucco said that his client wants to work with the city and keep his patrons safe.

"Steve wants to work with the city. He wants to remain open and he wants to provide a safe space for his patrons," Pasciucco said. "He is committed to working with the city and making sure protocols are met."

Members of the board were skeptical, however.

"I am quite concerned and disturbed about the history that has gone on at the Craic," said Jay Duca, the city's director of inspection services. "He says he wants to work with the city,

but the record and the history doesn't prove that out." Health Commissioner Ruth Jones concurred.

"There have been...repeated attempts to work with Mr. Kelley and we have seen repeated violations of the sector-specific COVID guidelines and mask orders throughout," she said.

"I do not think Mr. Kelley is sincere in his attempt to work with the city as proven by the past tickets and several incidents that have been witnessed by Health Department inspectors and the Police Department."

Jones then made the motion to order the Craic to close until phase four begins, which the board members approved unanimously. Pasciucco objected to the punishment after the vote.

"I think this is a complete overreaction to what as I see as very, very minor issues," he said. "The city should be taking more responsibility to work with your businesses to try and keep them

open."

Crispo, the city clerk and chairwoman of the licensing board, said the board's goal is to keep residents safe.

"In all due respect, this is a pandemic and all of our restaurants have been working very, very hard," to stop the spread of COVID-19, Crispo said.

"We are ticking up as everyone else is and we are as concerned as the governor is and as the mayor is. This board takes all of these violations very seriously, very seriously. I am sorry for Stephen, but at the same time, I have to be aware of what is going on there. We have to keep our city safe and that's what we intend to do first and foremost."

The state is currently in the third phase of Gov. Charlie Baker's four-phased reopening plan. The governor has said the fourth phase will not begin until either a vaccine for COVID-19 is readily available or sufficient new treatments for the disease exist.

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Dress Up Your Landscape With Winter-Inspired Container Gardens

By MELINDA MYERS

Clear out your fall containers and make room for some winter greenery. These planters are sure to brighten those dreary winter days and add life to your landscape.

Transform weatherproof summer and fall containers for winter. Fiberglass, plastic, cement and wood will hold up to the cold, ice and snow. Don't subject terra cotta and glazed pots to the harsh elements that can cause them to crack. Remove faded fall flowers and add a bit of potting mix to fill the container within two inches of the top. Or select a new weatherproof container

and fill it with potting mix.

Consider your overall landscape design and other outdoor winter decorations when creating or purchasing a holiday planter. Place a couple of winter planters on your front steps or dress up your patio, deck or balcony and enjoy the view from the comfort of your home. Don't overlook those hanging baskets. Fill them with winter greenery to elevate your winter containers to a fun new level.

Fresh-cut needled evergreens like spruce, white pine, fir and broadleaf evergreen boxwood and holly combine nicely to form the backbone of your container

design. Make it easy by using spruce tips to create vertical interest in a container. You only need to set a few in the center of the pot to look like a pro. Surround these with graceful white pine boughs to anchor the arrangement to the container.

Add sprigs of other evergreens for additional texture and shades of green. Next, it's time to put your creativity to work. For those that prefer a natural look, consider white birch branches and stems of red twig dogwood, corkscrew willow or contorted hazelnut. Add a bit more color with berry laden winter holly branches and dried seed rudbeckias,

allium, and coneflower seed heads or hydrangea flowers. Finish off your arrangement with a few evergreen cones and a bow.

Or add a bit of glitz with painted and glittered cones, twigs, ornaments, or other holiday adornments. You can purchase these or create your own with a bit of paint and glitter. Just make sure your materials will hold up to the winter weather.

Once your arrangement is complete, water thoroughly. The moist soil helps keep greenery fresh and in place. Once the soil is frozen you can stop watering. The cold weather will help keep your greens looking



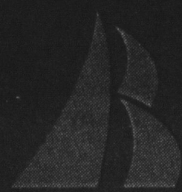
WINTER CONTAINER gardens brighten up the landscape all season long.
Photo Courtesy MelindaMyers.com

good throughout the holidays and beyond.

Extend the life of your greenery with an organic biodegradable anti-transpirant. These materials

help seal in the moisture, delaying the browning of cut greens. Always read and follow label directions carefully. Most need to be ap-

Cont'd On Page 18



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Dress Up Your Landscape With Winter-Inspired Container Gardens

Cont'd From Page 17
plied to evergreen boughs outdoors and allowed to dry before bringing it indoors or beginning your arrange-

ment.

For additional ideas and a bit of inspiration, watch my Create Beautiful Outdoor Evergreen Containers

video. You will find more ways to enhance your landscape with winter containers.

Melinda Myers has writ-

ten more than 20 gardening books, including The Midwest Gardener's Handbook and Small Space Gardening. She hosts The Great Cours-

es "How to Grow Anything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a colum-

nist and contributing editor for Birds & Blooms magazine. Her web site is www.melindamyers.com.

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Happy Hanukkah

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Archaeological Reconnaissance Survey Lyons Turning Mill Site

The Quincy Quarry and Granite Workers Museum has acquired funding from Community Preservation Committee to do an archaeological reconnaissance survey at the Lyons Turning Mill site.

The Museum has contracted Public Archaeology Laboratory out of Rhode Island to move forward on this project. The primary goals of this project will be to identify and document cultural resources present on the Lyons Turning Mill

parcel. Outline short, medium and long-term preservation interpretation and site use priorities and goals will develop a comprehensive landscape plan for the entire site. Public Archaeology Laboratory will conduct archival research prior to the start of the fieldwork, to review existing information about environmental characteristics of the project area concerning soil types, land use and past ground disturbance associated with utilities and landscaping. PAL

will also review other archaeological survey reports for investigations conducted in the surrounding area.

PAL will prepare "before and after" archival photo documentation of the Lyons Turning Mill. Photography will be conducted to document existing conditions. The photographs will capture the site within its setting, all elevations of structures, architectural features, and remains of tools and materials that may remain from the period when the mill was in operation. The photographs will be color printed to the archival standards of the Massachusetts Historical Commission and will be numbered, labeled, and keyed to a site plan. Archaeological field investigations will begin with a systematic walkover survey of the project area with museum president Al Bina and museum historian Tom Bonomi.

The walkover survey will assess existing conditions and document any quarry related surface features such as exposed deposits of grout/granite trim, granite column fragments, derrick bases and cable anchors and site of power plant for Lyons Turning Mill. Within the floor of the Lyons Turning Mill documentation will include features such as machinery parts or mounts/support bases, a former railroad spur (Quincy Quarries Railroad) extending through the structure, or other evidence of past manufacturing activity.

Upon completion of the walkover, expose features

within the Lyons Turning Mill project area will be mapped and recorded in scale drawings and with a hand-held GPS unit and photographed. Any cultural

material found during the walkover survey and mapping process will be left in its original place and their locations recorded. PAL will assist the City of Quincy

and the Quincy Quarry and Granite Workers Museum with development of a Cultural Resource Management Plan for the Lyons Turning Mill property.



LEFT TO RIGHT: Tom Bonomi, museum historian; Ted Dattilo, archaeologist; and Duncan Ritchie, lead senior archaeologist.

Courtesy photos



SITE INVESTIGATION

Yi Ding Selected For Science Class

Yi Ding of Quincy is among 72 undergraduates selected for the newest class of the Integrated Concentration in Science, or iCons, program at the University of Massachusetts Amherst.

More than 156 first-year and sophomore students applied for one of the coveted iCons spots through a process open to roughly 5,000 undergraduate students, mostly majoring in science, technology, engineering or math (STEM).

The current iCons cohort, the 11th to participate, will graduate the program in 2024. The UMass Amherst College of Natural Sciences' iCons program builds on students' course of study by providing them with further skills needed to enter the modern scientific workforce.

For more information on the UMass iCons program, visit: <https://icons.cns.umass.edu/>

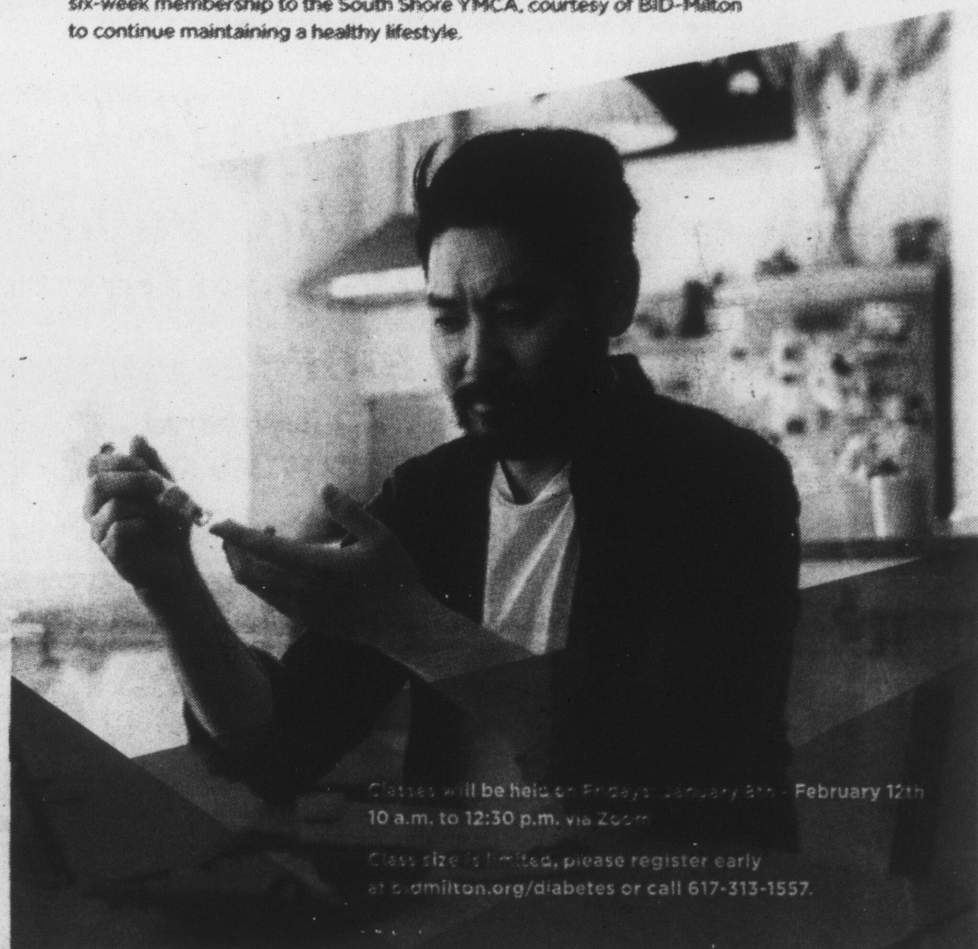
Beth Israel Lahey Health
Beth Israel Deaconess Milton

Managing Your Diabetes Online Workshop

Beth Israel Deaconess Hospital-Milton and the South Shore YMCA are pleased to offer a FREE six-week, evidence-based diabetes online workshop: My Life, My Health-Diabetes Prevention and Self-Management.

This online class is ideal for those living or caring for someone with diabetes or pre-diabetes and will provide useful skills to prevent, better manage and cope with the disease.

Upon successful completion of the course, participants will receive a FREE six-week membership to the South Shore YMCA, courtesy of BID-Milton to continue maintaining a healthy lifestyle.



Classes will be held on Fridays, January 8th - February 12th, 10 a.m. to 12:30 p.m. via Zoom.

Class size is limited, please register early at bidmilton.org/diabetes or call 617-313-1557.

A VERY MERRY GIVEAWAY!

During Bank of Canton's December Debit Sweepstakes*, you could win:

- A Peloton Bike Package (\$1,895 VALUE)
- A DEWALT Power Tool Kit + Warranty (\$990 VALUE)
- One of Five KitchenAid Pro Line Mixers (\$499 VALUE)

Just make 10 or more purchases with your Bank of Canton personal debit card between December 10 - December 23 to be entered automatically! Each purchase equals one entry, so the more you use your card, the more entries you get. Happy shopping!

*No purchase or payment necessary to enter or win, and purchase or payment will not increase chances of winning. Must be 18 years or older and a legal resident of Massachusetts at time of entry. Odds of winning depend on number of qualified entries. Sweepstakes Period begins 12:00:00 AM Eastern Standard Time (EST) on 12/10/20 and ends 11:59:59 PM EST on 12/23/20. Participants may enter December Debit Sweepstakes via 1.) automatic entry, whereby participants make a minimum of 10 purchase transactions during the Sweepstakes Period with an eligible Bank of Canton Debit Card and are awarded one entry per eligible transaction, and/or 2.) U.S. mail, with each eligible postmarked U.S.P.S. mail-in entry received separately during the Sweepstakes Period counting as one entry. Peloton Bike to be ordered for winner in January 2021. Non-purchase entries and purchase entries have equal chance of winning. See Official Rules for complete details, available at any Bank of Canton branch, www.ibankcanton.com, or by calling 888-828-1690.

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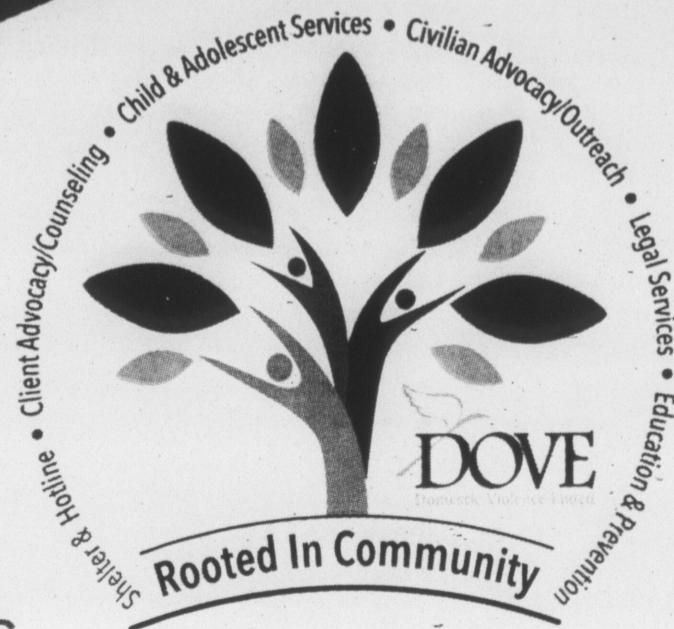
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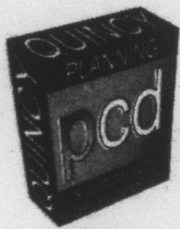
DOVE
Domestic Violence Ended

In this difficult year, DOVE is deeply grateful for the support of our communities.



Emergency Shelter Improvements

This year DOVE has made significant and much-needed upgrades to our Emergency Shelter, creating a safer, warmer environment for the adults and children in our care. We thank the following partners for their generous financial and in-kind support:



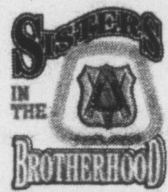
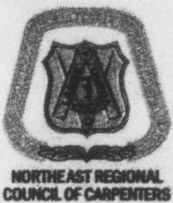
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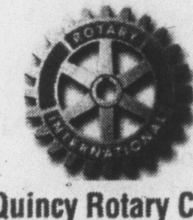
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COVID-19 Emergency Assistance

DOVE has received financial assistance from a number of supporters to help survivors with housing, shelter, food, clothing, technology for children's learning needs, masks, PPE, and other basic supplies. We deeply appreciate the generous support of the following:



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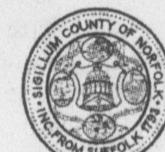
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Thank you to all of these supporters and many individuals who have reached out to us and contributed as well.

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Season Of Positives For Quincy High Girls Soccer

By TOM JOYCE

The Quincy High girls' soccer team didn't win the Patriot Cup championship this season, but first-year head coach Bridget Coleman took many positives away from the season.

"It was definitely a challenge at first with the rules and restrictions at first and not knowing if we were going to have a season, but it was really easy working with these girls," she said. "They just wanted to play so they were willing to do anything to get on the field. That really helped me as a coach having such a great group of kids."

Coleman emphasized that her team had great chemistry and worked well together throughout the season. She noted that her team's three senior captains Emilia Henry, Katherine Shaughnessy, and Aisling Kelly were impressive both on and off the field.

"My first impression of the girls was when I talked to the captains the first time and they said their main goal was making sure everyone felt included on the team and building that team bond and I just thought that was amazing how caring these girls were for the team and each other and from a soccer perspective, a lot of these girls have played together for years," she said. "That was noticeable on the field. They continued to improve throughout the season, I think we hit a stride in the middle. It was great that we won our last game against North. That was a great way to end the season."

As Coleman mentioned, the girls defeated North Quincy 1-0 on Nov. 19 to finish off the season at 2-10. It was later than the season was originally supposed to go for the Presidents. They played the week before Thanksgiving because it was a makeup game. The original game was set for



QUINCY HIGH SCHOOL girls soccer seniors - from left to right - Mariejo Ajavon, emma Lyons, Isabela Hanley, Kaci Pettigrew-Lynch, Gianna Gatturna, captain Emilia Henry, captain Katherine Shaughnessy, captain Aisling Kelly, Hannah Macphail, Lauren Medeiros, Megan MacNeil, Shannen Murphy and Courtney O'Brien.

Nov. 4, but North Quincy's sports had been shut down for two weeks due to precautions taken by the school amid the coronavirus pandemic.

"Right from the start when we got that news, they were asking if we could make it up in the spring or on Thanksgiving," Coleman said. "They were ready to go right away. They didn't care if it counted towards the season: they just wanted to play."

"We scored right towards the end of the game, but it was a long time coming for that goal," she added. "We had been possessing for a while on North's end and our freshman Ciara Golden got it on a great shot from outside. It was just a great goal to see."

The Presidents evened the series 1-1 on the season against North Quincy with that win. Previously, North defeated them 2-1 on Oct. 14.

Henry was the team's leading scorer this season, Coleman said. Outside of the senior captains, Coleman noted that some of the many other players who stood out



SENIOR CAPTAINS of this year's Quincy High School girls soccer team (from left) Emilia Henry, Katherine Shaughnessy and Aisling Kelly.

Photos Courtesy Anne Marie Shaughnessy

for the team included fellow seniors Lauren Medeiros, Emma Lyons, Isabella Hanley, Kaci Pettigrew-Lynch, plus Gianna Gatturna in net.

With their season coming to a close, the Presidents will lose 14 seniors to graduation.

"They are the greatest group of kids," Coleman said. "The seniors whether they played every minute of the game or not, they were the heart of the team. I know it's a group that will stay in touch with each other and stay friends for a long time."

"Soccer-wise, they definitely have played together for a long time," she added. "I don't think our record represents our individual talent or the chemistry had. We had some games that were bad luck or we lost

our groove, but it was nice watching them grow together on the field."

Coleman also said she is looking forward to working with the players the team has coming back next fall.

"They have a lot of spirit and are energized," she said. "We're going to be trying to push the program forward where we get a year-round program going where they stay in shape, have an opportunity to play in the spring or at least play another sport. I'm looking forward to working with this group."

The Presidents roster this season included: senior Gianna Gatturna, senior Hannah MacPhail-Palisi, freshman Anna McPhillips, sophomore Mary Doherty, senior Courtney O'Brien,

senior Aisling Kelly, junior Lindsey Hatfield, freshman Kaitlyn Sampson, sophomore Mairead Folan, junior Kathleen Higgins, senior Emilia Henry, freshman Grace Connor, senior Mariejo Ajavon, sophomore Caroline Campbell, senior Emma Lyons, senior Lauren Medeiros, senior Grace

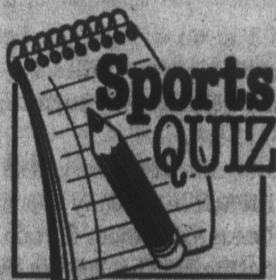
Akkara, sophomore Caroline Tracey, senior Isabella Hanley, senior Shannen Murphy, senior Kaci Pettigrew-Lynch, sophomore Helana Middleton, junior Amyah Davis, freshman Ciara Golden, senior Katherine Shaughnessy, and senior Megan MacNeil.

Sports Quiz Answers

Answers

1. An ice hockey puck.
2. Mel Allen.
3. Heath Shuler.
4. Vince Coleman.
5. Yale University.
6. Lorenzo Charles.
7. Zero.

(c) 2020 King Features Syndicate, Inc.



by Ryan A. Berens

1. What regulation-size piece of sports equipment is 1 inch thick, 3 inches in diameter and weighs 6 ounces?

2. "How about that!" was the signature on-air catchphrase of what legendary New York Yankees broadcaster?

3. Name the former NFL quarterback who served in the U.S. House of Represen-

tatives for North Carolina's 11th congressional district from 2007-13.

4. What St. Louis Cardinals outfielder was injured when Busch Stadium's automatic tarpaulin rolled over his leg before a 1985 NL Championship Series game?

5. Handsome Dan the bulldog is the mascot for what university's athletic teams?

6. What NC State center scored a tip-in dunk to seal the Wolfpack's win in the 1983 NCAA Men's Basketball Tournament championship game?

7. Of Ivan Lendl's eight career Grand Slam tennis tournament wins, how many were at Wimbledon?

Metric Sockets For Auto Use, Small SUVs, Snow Tires

Ask John Paul: AAA New England's Car Doctor

I am a frequent reader of your Q&A column and it is always interesting to read about your advice, and for the first time, I have a question of my own. I own a 2016 Honda Pilot with roughly 45,000 miles. Yesterday, when I was driving, the check engine light came on with a message that read, "Emissions Systems Problem." I went to parts store to get it scanned and it gave an error code P0430, which noted "the most likely solution is: Replace Fuel Rail and Fuel Injectors." My original warranty was 3 years/36,000 miles (expired), but the powertrain warranty is 5 years/60,000 miles, which I am still within the range of. If that is indeed the fix, do you think I could make a case to have that resolved under the powertrain or emissions warranty.

The most common reason for this message is fuel injector contamination caused by what appears to be a manufacturing defect. The fuel injectors according to Honda are part of the emissions system and will be covered under the warranty. Doing a bit more research and calling several dealers the injectors seem to be on a national backorder - so be patient.

My wife and I love our Honda CRVs a 2008 and 2014. We would like to purchase a new 2021 but I am concerned about all the car reviews and problems with the vibrations with the CVT transmission. Has this problem been resolved?

This vibration issue with the continually variable transmission (CVT) on the Honda CR-V seemed to be more of an issue in the first year of using this style transmission. Over the past year I have driven/evaluated the traditional CR-V and the hybrid model and found both vehicles to perform as they should. My suggestion is if you like the CR-V buy it.

I learn quite a bit from your column and enjoy reading it. My questions pertain to my 2015 Nissan Altima 2.5 SL. I purchased the car in January 2018. I get the oil changed every 6,000 miles with full synthetic oil. A quick lube place has performed all the oil changes. I checked the Nissan manual and could not find the recommended interval for oil changes. I want to know if changing every 6,000 miles is correct or not. Also, how do I know that the shop is adhering to the recommendation pertaining to genuine Nissan CVT Fluid NS-3? Is this a fluid that only a Nissan dealership would have in its maintenance department? Should I be concerned if the shop has not been using that type of fluid?

According to the technical databases that I use (AllData and Mitchell1) as well as the recommendation from Nissan, the oil change recommendation is every 5000 miles or six months whichever comes first. The recommendation does not change with oil type. Regarding transmission fluid it is crucial to use only Nissan fluid. Using conventional fluid will cause transmission issues. If you do have the fluid changed or topped off, I would ask to see that the shop is using only Nissan transmission fluid.

I have a 2010 Jeep Patriot with 85,000 miles. The Anti-lock Brake Light, Stability Control and 4WD Lights are illuminated. The local shop found the right rear hub, bearing and ABS sensor failed. Does this mean I do not have four-wheel-drive? Should I not drive this car?

These systems - ABS, stability control, traction/all-wheel-drive - are all interconnected systems. The antilock brake system measures wheel spin and when the ABS sensor fails it will disable all of the related system. At this point you can drive the vehicle but to have these systems work, especially as we approach winter it would be sensible to replace the components and verify the repair worked.

If you were buying one set of metric sockets for automotive use, would you buy standard or deep-well style? I've found the "standard" height can vary from 0.8" - 1.2", while "deep" seems to be 2.5" across the brands GearWrench brand of tools offers a "mid-length" a.

1.8" that looks like a good compromise. A shallow socket sometimes gives me problems on some bolts/nuts, and I always seem to need an extension.

Professionals have several different sets: deep, shallow, impact, swivel, in 6 and 12-point style and a variety of extensions. At the professional level you can spend hundreds of dollars on one set of quality sockets. If you were to just buy one high quality/professional set, I would probably buy a shallow set with a couple of extensions. In many cases a combination wrench can work when a bolt is too tall for a shallow socket. The other alternative is buying a couple of inexpensive sets such as the Harbor Freight Pittsburgh brand or Walmart Hyper-Tough. I needed a few metric 1/4 inch drive sockets when I was away home. I purchased a full set of shallow and deep sockets, that came with two extensions, ratchet, and driver handle all for \$16. Are they as good as my professional tools at home no, but at the time they worked out perfectly.

I'm looking to replace my current vehicle and was thinking about a small SUV. Even in these COVID times I'm commuting about 90 minutes each way to work and want something that is practical, decent on gas with some of the latest safety innovations. I have looked at the Chevy Equinox, Ford Escape and even the Volvo XC40. They all have features I like and many I don't. I want comfort and at least a decent amount of engine power balanced with fuel economy and all-wheel-drive. Hoping the Car Doctor can steer me in the right direction.

There are plenty of good choices in vehicles today. The latest Santa-Fe from Hyundai is a good choice as is the Kia Sorento. The Mazda CX-5 handles well and depending on engine choices can feel quite sporty. One vehicle that I drove recently and enjoyed was the latest Outback from Subaru. The XT version of the Outback comes with a turbo-charged engine and all of the latest safety technology. In addition, it has over eight inches of ground clearance without feeling like you need to step up to get in. If you haven't looked at this version of the Outback it is certainly worth a look.

My car is seven-year-old Infiniti G37 has only 39,000 miles on it. The other day, we made a left turn onto a straightaway and suddenly out of nowhere a deafening sound began and then finally stopped - but not after making us all momentarily deaf. We were totally stunned with this earsplitting noise out of "left field." The heater, wipers and the radio were both on. There was a terrible rumbling sound which another passenger said sounded like static and also said it also sounded like a high ringing tone. The car was used the next day, but no noise like the previous day. In all the cars I've driven, over the past 20 years, I have never heard a noise like this. We were totally stunned! What could be wrong with my car? Since that one incident it didn't do it again, but it really scared me. What can I tell the mechanic to look for?

If the noise happens again providing you can do so safely, shut the car off, wait a few seconds and restart the car. I suspect if you do this the noise will have gone away. I believe the problem is a short circuit in the car's sound system. I think the noise you heard was the amplifier blasting white noise at full volume. The problem is being able to demonstrate it to the technicians that will need to fix the car. Although I have not seen this problem in an Infiniti before I have seen it in other models.

My 2007 Honda Odyssey that I keep in Florida only has 135,000 miles on it runs great. The only issue is the air conditioning does not kick in consistently. When it works it blows nice cold air, other times the air is just warm. I hate to get rid of this vehicle, it is so practical for everything from picking people up at the airport to trips to the home store and beach. Any suggestions? Having a car without air conditioning in Florida is not fun.



JOHN PAUL
AAA's Car Doctor

One issue I have seen in some Honda models is an intermittent failure of the air conditioner clutch. If the system has been checked (including the A/C clutch) for proper operation and the pressures are found to be within the normal range, then it is time to look at the operational side of the climate control system. Like most vehicles today, the air conditioner and heater work together and airduct controllers mix cool and warm air. What could be happening is the motor for the duct is malfunctioning and allowing too much warm air to mix with the cool air.

I have a question regarding my 2011 Honda CR-V. The car runs beautifully, but the heat suddenly stopped this weekend. What is your diagnosis?

I would start with a check of the basics. Is the coolant level correct? If not add coolant and check for leaks in the cooling system. Is the vehicle coming up to operating temperature? If it is not, then the problem could be a faulty engine thermostat. Other items could be a stuck air blend-door, faulty heater control or clogged heater core. All of these items can fail due to age and if the cooling system was not maintained properly.

I have a 2014 Buick Regal and the battery was dead last night. The car is not driven often especially now with COVID, but it is garaged. I charged it for a couple hours it then started and seemed fine. I had the battery tested today at a local auto-parts store and it read 422 cranking amps. The battery specs are 660 CCA. Should I just have battery replaced or should I continue to charge it? Just wondering that since the battery is six years old, is that a good enough reason to just replace it.

The average life of a battery in the Northeast is just under five-years. The battery in your Buick, based on age, is nearing the end of its life. Certainly, you could charge it a bit more - you may have not brought it up to a full charge and then have it retested. Although if it were my car to avoid the inconvenience of a car that will not start, I would replace the battery.

I have a 2006 Hyundai Sonata and it has a sort of whistle sound as I rev up the engine? Along with that, I thought my headlights would go dim and come back on. Last night it happened again as I was driving in the dark; I noticed that all the lights dimmed briefly. I took it to my mechanic, and he thought it may be in my light switch but wasn't sure. I was wondering if you have come across anything like this issue before?

The problem could be as simple as a slipping alternator drive belt. This would explain the noise and the headlights dimming. Of course, the charging system should be completely checked including the various ground circuits, fuses and connections.

I was looking at a Hyundai Tucson with all the bells and whistles, but it has 187,000 highway miles on it. Would you consider buying this vehicle with such high mileage?

Cars today routinely last 200,000 miles or more and so at 187,000 this Hyundai has some life left in it. It really depends on how the vehicle was operated and maintained. Certainly, with this mileage you want to have the car checked out by a good repair shop and budget for both immediate and future repairs.

Okay we had our first snow at the end of October and the Farmer's Almanac calls for a bad winter, snow tires yes or no?

Snow tires, we actually are now calling them winter tires. Dedicated winter tires can truly transform how a car performs in cold wintery weather. The rubber compounds that make up winter tires are designed to grip better in cold temperatures than conventional tires. In addition, the tread self-cleans to provide better traction in the snow for both starting off and as importantly stopping.

I have a well-used Ford Ranger pick-up truck and a few months ago it would not start. I opened the hood and

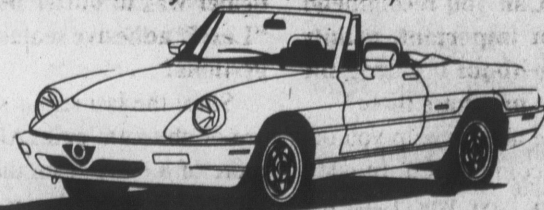
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COVID-19 Vaccinations Begin This Week

By SCOTT JACKSON

The first shipments of COVID-19 vaccines began arriving in Massachusetts this week, kicking off what will be a months-long effort to vaccinate residents across the state.

The Food and Drug Administration on Saturday granted an emergency use authorization to a vaccine manufactured by Pfizer. Regulators in Canada and the United Kingdom have also approved the vaccine in recent weeks.

The FDA will consider granting an emergency use authorization for a second vaccine, manufactured by Cambridge-based Moderna, later this week. Other pharmaceutical companies, including AstraZeneca and Johnson & Johnson, are conducting clinical trials for their own vaccines.

The Pfizer and Moderna vaccines both require two doses administered three to four weeks apart. Clinical trials have shown both to be at least 90 percent effective after the two-dose regimen has been completed. The AstraZeneca vaccine would likewise require two doses while Johnson & Johnson's vaccine requires a single dose.

Gov. Charlie Baker, during a State House press conference on Dec. 9 said Massachusetts will receive 300,000 doses of COVID-19 vaccines this month from Pfizer and Moderna. Boston Medical Center on Monday morning received 1,950 doses of the Pfizer vaccine, the first shipment of the nearly 60,000 doses

expected to arrive in the state this week.

Quincy Health Commissioner Ruth Jones on Monday said it was too soon to say whether the city could offer vaccination clinics for residents.

COVID-19 vaccinations will take place in Massachusetts in three-phases, a process that will continue into the spring. Frontline health care workers and residents of long-term care facilities will be the first to receive the vaccine.

While vaccinations have commenced, Baker emphasized that residents need to remain vigilant to stop the spread of the coronavirus.

"We are several months away from vaccinating a majority of people of Massachusetts," Baker said Dec. 9. "We are certainly not out of the woods yet and it is critical that people continue following the state guidance and preventive measures that so many of you have abided for the past ten months."

Each step of the three-phase plan is expected to take about three months, but that depends on how many doses the state receives and whether additional vaccines receive approval from the FDA.

Those eligible for vaccinations in phase one, in order of priority, are: clinical and non-clinical health care workers doing direct COVID-19 care; staff and residents at long-term facilities, including nursing homes and assisted living facilities; police, firefighters and emergency medical ser-

vices; staff and residents in congregate care settings, including shelters and houses of corrections; home-based health care workers; and health care workers doing non-COVID-facing care.

If all goes well, phase two could begin in February. Those eligible for vaccinations in phase two, in order of priority, are: individuals with two or more comorbidities that put them at high-risk for COVID-19 complications; a number of essential workers, including early education and K-12 teachers, transit workers, grocery workers, food and agriculture employees, sanitation workers, public works employees and public health workers; adults over the age of 65; and those with one comorbidity.

The vaccine would be available to the general public in the third phase. That could begin as soon as April.

The vaccines will be available free of charge to all residents, Baker said. As they become more available, residents will be able to obtain the vaccine from a number of places, including pharmacies.

Jones, the city health commissioner, said state officials have not yet told municipalities whether they would be receiving the vaccines directly. Because of that, she said it was too soon to say whether Quincy could host vaccination clinics.

"It all depends on the guidance we get from the state," Jones said.

The Pfizer vaccine needs to be stored at negative 94 degrees Fahrenheit but can

last in a refrigerator for up to five days. The Quincy Health Department has a freezer, Jones said, but not one capable of storing the vaccine at negative 94 degrees.

The city would be able to store the Moderna vaccine, however, Jones said. That vaccine can be stored at negative 4 degrees Fahrenheit for up to six months and in a refrigerator for up to 30 days.

The initial doses of the Pfizer vaccine are being sent to hospitals capable of storing them, Jones noted. Those hospitals will then administer shots to their staff and send additional doses to partner hospitals within the same network.

Pharmacies, including CVS and Walgreens, are partnering with the state to administer the vaccine to the staff and residents at long-term care facilities.

Dr. Paul Biddinger of Massachusetts General Hospital, the chair of the advisory group that determined how the vaccines will be distributed in the state, on

Dec. 9 said it could take six to nine months from start of vaccinations before public health guidelines, like mask orders, are lifted. Those who have received their vaccines will also need to continue following those same rules until they are lifted for the population at-large, he said.

"What we know about vaccines is that they dramatically lower your risk of needing hospitalization or dying. They protect you. What we don't know is whether they completely prevent you from getting a low-level infection or transmitting the illness" Biddinger said.

"In other words, I could be vaccinated, but I could have a cold maybe so small I don't notice. That means I put others around me at risk, so until we get to high enough levels of vaccination, we need to be following the same guidance all together."

Biddinger emphasized that the vaccines, if approved by the federal government, are safe despite

the rapid pace at which they were developed.

"The bar for approval of vaccines is the highest for any of the therapeutics that come through our regulatory system," he said. "While the pace of development of these vaccines has been unprecedented, what the [advisory] group also really focused on is how much is normal about the process of approval of these vaccines with respect to their safety and efficacy."

Potential side effects of the vaccines include fatigue, muscle aches, headaches, and fever, all of which are relatively mild, Biddinger stated; such side effects show the body's immune system is working.

"I don't want to ignore the symptoms - I think it is much better if people know what to expect when they receive a vaccination," Biddinger said. "Understand that those are good things and the number of serious vaccine-related events really has not been seen in the trial data we've seen."

Bethany Congregational Church

Bethany Congregational Church conducts its regular service at 9:30 a.m. Sunday.

Rev. Patrick McCorkle will preach and music will be provided by Paul Frazer, soloist. Church School classes are in session every other week with the next class on Dec. 20th.

For all events at Bethany Church, masks and social distancing are required. There is no group hymn singing or coffee hour.

Masks and sanitizer are available. Areas in use are cleaned after every service.

If you would like to donate a poinsettia to decorate the sanctuary, go to the church website (below) or mail a check (\$12.50) directly to Bethany Church.

For those who would prefer to stay at home, the on-line service is available. Check the church website for instructions on how to watch.

Bethany Congregational Church is located at 18 Spear St., Quincy, MA 02169. Church website is: bethanyconchurch.org. Telephone number is: 617-479-7300.

Broad Horizons Preschool is open and accepting students both full and part-time. To inquire and/or fill out an application, go to the website at broadhorizonsbethany.com or call 617-471-0022.

Ask John Paul: AAA New England's Car Doctor

Cont'd From Page 22

shook all the wires and then the engine started. Now it is acting up again but the wire shaking trick is not working, although it will eventually start. I really only use this truck for trips to the transfer station and an occasional trip to the home improvement store, so I don't want to invest much into it. Any thoughts?

The problem is a wiring issue from the battery to the starter. You will need to check the main wiring and all the components in between. Do not just assume because the wire insulation looks good the wire is okay. Electrical power and ground connections all need to be inspected and tested for voltage drop. I have found many times once you measure voltage drop, find a problem, and then inspect under the wiring insulation it is full of corrosion which will certainly cause a starting problem.

I just purchased a Lexus 2004 LX 470 and just found out it had a recall notice put out in 2016 that the last owner never followed up on. I read in the article that if a vehicle is over 10 years old the dealership can charge for the repairs but it also says that if a new owner finds out a recall was never resolved that the new owner can still have it fixed for free. Since the original recall was issued in 2016, the vehicle was already 12 years old. So, as a new owner of a vehicle that has an outstanding recall should I expect the recall to be done for free?

As a general rule, safety recalls have no expiration date and are performed at no charge to the current owner. The only time this would change is if there are parts that were badly rusted or damaged that needed to be removed to get to the recalled component. In this case the owner would be responsible for the cost of the associated parts. To find out more about this subject visit AAA's YouTube page where I

had the opportunity to chat with Stephan Ridella of NHTSA. <https://tinyurl.com/yvynhho7>

I drive a 2015 Subaru Legacy with 90,000 miles. The Subaru dealer recommends installing premium engine protection and fuel system cleaner. These sound like gimmicks and not useful services. Are they real things that add value?

This seems to be a dealer suggestion only. Subaru like most manufacturers does not recommend the use of an oil additive. According to the Subaru manual use only the proper grade and viscosity of oil as recommend in the vehicle owner's manual. Fuel system cleaner would fall into the same category. It would be best for most engines to use TopTier fuel that has additional fuel cleaning additive. For a list of TopTier fuels go to www.toptiergas.com

I live in the Northeast, and I will be going to Florida for a few months, leaving my car in my garage. What is the proper care for my battery?

The best thing you can do for your car's battery is to use a battery maintainer, type charger. These specialty chargers (Battery Tender is one) will maintain the battery charge without overcharging the battery. Over time when a car is left idle the battery will slowly discharge. Typically, when a battery becomes fully discharged it can lose up to 30 percent of its life/performance.

I need to purchase new rims and tires for my daughter's 2007 Toyota Camry Hybrid. Can you recommend a decent rim and tire (style is not important, mainly looking for quality and reliability without breaking the bank) and where is the best place to purchase them?

Most major tire retailers should be able to help you out with a reasonably priced tire/wheel combination. In addition, online retailers such as TireRack have wheel and tire packages. What is nice is the tires come mounted and bal-

anced and with new tire pressure monitors if needed. The typical life of a tire monitor is 7-10 years, so buying new monitors now may be the most cost effective. The tires can be shipped directly to a local installer if you did not want to install them yourself.

What I would like to know, does open antifreeze, brake fluid, transmission fluid, and fuel stabilizer have a shelf life?

It sounds like your garage may look like my storage shed with partially opened bottles of automotive fluids. Engine coolant over a very long time can form something that looks like crystals. Brake fluid attracts moisture and to some extent so does oil/transmission fluid. According to the folks at Sta-Bil, they tell me fuel stabilizer lasts a couple of years. The other issue is that the products you have on your shelf may not be compatible with the car you drive today. As an example, there are at least eight different types of engine coolant today. When I first started in the auto repair business there was one. If there is any doubt, dispose of the old fluids properly and buy new.

Three attempts have been made by the dealer to replace the taillight seals on my Chevrolet Impala. Water is leaking on left and right sides. The last attempt was performed utilizing an upgraded/thicker seal! This last attempt reduced but did not eliminate the leak. It leaked the day I picked up the car. My recommendation to the dealer was to butter both sides of the new gaskets with "Lexel" adhesive sealant but this was not done. Any suggestions?

Since the last repair slowed the leak, it sounds like they are on the right path. Although I wonder if the problem is more of a body seam that is leaking rather than the lights. At this point the dealer should bring in a wind and water specialist to find and permanently repair the leak.

SUN FUN PAGES

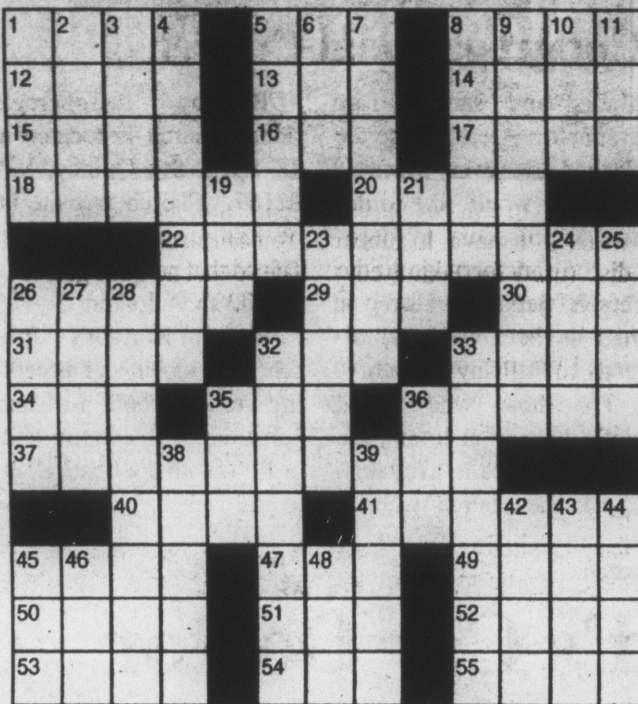
King Crossword

ACROSS

- 1 Porter's burdens
5 Before
8 Dull sound of impact
12 Enticement
13 Blend
14 Abundant
15 Opera show-stopper
16 U.K. broadcaster
17 Black, in verse
18 Fight
20 Like a lot
22 Solid ground
26 Entire
29 Smack
30 Zilch
31 Bees' home
32 Parsons or Gaffigan
33 Slangy negative
34 — out a living
35 One of the Brady Bunch
36 Grown-up bug
- 37 Brownish orange
40 Warmonger
41 Barbershop tools
45 First victim
47 Luau bowlful
49 "American —"
50 Ring out
51 Barn bird
52 Alaskan metropolis
53 Vortex
54 — Aviv
55 Got larger
- 10 Venusian vessel?
11 Lair
19 Appomattox surrenderer
21 Frequently
23 Serengeti beast
24 Chinese dynasty
25 Choir member
26 Sharpen
27 Raise
28 Above
32 Lotto win
33 Incredible
35 Mandible
36 Call — day
38 Make a comeback
39 Warble
42 Bloodhound's clue
43 Quarterback Tony
44 Dispatched
45 Mimic
46 Foundation
48 Didn't pay yet

DOWN

- 1 Spill the beans
2 Emanation
3 Determination
4 Birthplace of Starbucks
5 Fireplace bit
6 Cage component
7 Cry out
8 Italian fountain site
9 Ireland



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MAGIC MAZE • — BLUES

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QMOMJHFRLCAYDWU
RPENLJATLEDHEFD
BZXMCVTNNRPHTQO
MKIPPHHUAAFDSRBZ
YWVMUHIOIITIORQ
ONAUNLICDKSTIGI
HWFJ(KANSASCITYS
SDCAZXWVNGURUSO
RQNACIRFAOBNOU
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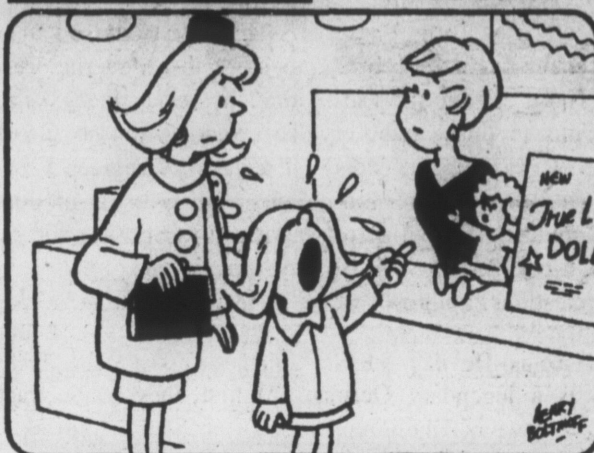
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: THE MOTOR CITY

African	Country	Jump	Punk
British	Delta	Kansas City	Soul
Canadian	Electric	Louisiana	Swamp
Chicago	Gospel	Memphis	

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Mom's hair is different. 2. Doll on left has ruffie. 5. Doll ad is different. 6. Girl has hair bow. 7. 'Sale' sign is added. 8. Girl's skirt has been moved. 9. 'True Life Doll' sign is added.

Trivia test

1. MEASUREMENTS: How many tablespoons are in 1 fluid ounce?
2. LITERATURE: Which famous gothic novel features the beginning sentence, "Last night I dreamt I went to Manderley again"?
3. GEOGRAPHY: What is the capital of New Zealand?
4. BUSINESS: When was the first iPhone released?
5. TELEVISION: What was the name of Norm Peterson's unseen wife in the sitcom "Cheers"?
6. PERSONALITIES: Which former pro football player earned the nickname "Broadway Joe"?
7. ANIMAL KINGDOM: What is a female donkey called?
8. MEDICAL: A deficiency

of vitamin A causes what condition?
9. MUSIC: Which 1980s pop hit starts with the line, "Dearly beloved, we have gathered here today to get through this thing called life"?
10. MOVIES: What was the name of Charles Foster Kane's estate in "Citizen Kane"?

- Answers
1. 2 tablespoons
2. "Rebecca"
3. Wellington
4. 2007
5. Vera
6. Joe Namath
7. A jenny
8. Night blindness
9. "Let's Go Crazy" by Prince
10. Xanadu

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7	3	7	3	8	3	7	4	8	4	8	7	3
Y	B	O	E	H	C	U	L	O	O	M	F	O
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O	P	N	L	T	E	H	I	R	A	E	M	N
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V	F	M	E	I	D	B	I	E	F	L	O	O
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N	E	D	P	T	A	T	I	E	L	A	U	
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D	L	L	Y	T	T	U	D	V	E	R	E	E
8	6	5	2	5	8	2	5	8	2	8	2	2
E	A	N	I	T	R	S	S	E	I	D	T	S

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) Although taking advice isn't always easy for the headstrong Sheep, you might want to consider what someone you respect says about an upcoming decision.

TAURUS (April 20 to May 20) A new offer is tempting, but don't be bullied into a quick decision. Rely on your keen Bovine business sense to alert you to anything that might be questionable.

GEMINI (May 21 to June 20) Your Gemini Twin nature rallies to help you deal with this week's hectic schedules, both in your personal and professional lives. One caution: Watch your diet.

CANCER (June 21 to July 22) Avoid rushing to make up for time lost on a stalled workplace operation. Best to set up a schedule and pace yourself. Welcome the help of colleagues.

LEO (July 23 to August 22) Despite those glittering holiday distractions you love so well, be sure to keep your feline senses set on high to alert you to anything that might require fast action.

VIRGO (August 23 to September 22) Making an effort to restore fraying relationships proves to be more successful than you dared hope. The holidays also bring new friends into your life.

LIBRA (September 23 to October 22) Private and professional matters compete for your attention. Be honest

in your assessment of which should get more of it, and for how long.

SCORPIO (October 23 to November 21) A seemingly endless list of must-do tasks is best handled by tackling them one by one, and taking energy-restoring timeouts between each job.

SAGITTARIUS (November 22 to December 21) A vexing relationship seems destined to deteriorate no matter what each side tries to do. A third party's advice just might prove helpful.

CAPRICORN (December 22 to January 19) Reach out to ease any tensions caused by home or workplace pressures before they threaten the relationship-building progress you've made.

AQUARIUS (January 20 to February 18) You often go out of your way to show kindness to others. So, don't be surprised if other people want to do something nice for you this week.

PISCES (February 19 to March 20) People in your life respect your Piscean wisdom, so don't hesitate to speak up about a matter that you feel isn't being handled quite the way it should be.

BORN THIS WEEK: Your personal warmth helps you make friendships, and your sense of fair play helps you keep them.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

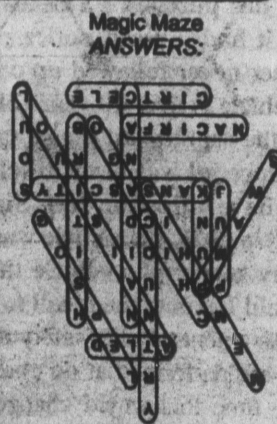
Clue: R equals E

XS V WRVY NRYR VQQLNRU PL
KYRKVYR JLSSRR LY PRV, JLGQU
ALG PMRH OVA MR NVO WYGXH?

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King Crossword

Solution time: 25 mins.



CryptoQuip answer
If a bear were allowed to prepare coffee or tea, could you then say he was brut? (c) 2020 King Features Synd., Inc.

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD -- 'Tis the season of giving, unless you are "America's Got Talent" or "American Idol" or "The Voice"! When Howie Mandel says repeatedly, "I don't know if this is a \$1,000,000 act," he's absolutely right. In fact, the winning prize is nothing near \$1 million! You may have read the disclaimer that appears with every show that says the \$1 million prize will be paid to the winner over a 40, yes, 40-year period. That means autistic and blind season 14-winner Kodi Lee, 24 when he won, would not receive his last payment until he is 64. According to Forbes Magazine, "The million-dollar lump sum would certainly be less than half a million dollars ... before taxes are even deducted. If a winner wants 40 payments over four decades, they could receive \$25,000 yearly ... before taxes." In "America's Got Talent's" defense, it makes all this completely clear to contestants prior to the competition. The winner and some of the top contenders do get to play a special engagement in Las Vegas at Planet Hollywood Resort and Casino. Ventriloquists Terry Fator and Grace VanderWaal have been the most successful winners. "American Idol" is not innocent either. In 2019, winner Laine Hardy won a record deal with Hollywood Records, a \$125,000 prize for winning and another \$125,000 on completing an album within four months. The deal may include as many as six albums, and

while recording they allegedly receive \$1,000 a week to cover living expenses and an additional \$1,000 for every master completed and turned in. The contestant also receives a \$300,000 advance for recording their album, which they are expected to pay back with album sales in addition to 50% of marketing costs, after the album's release. In some cases, the artists were allegedly unhappy about the way they were handled or that they were unable to exit their contract to accept much more lucrative offers. Carrie Underwood, Kelly Clarkson, Chris Daughtry and Clay Aiken have been by far the most successful "American Idol" winners. The winner of "The Voice" is awarded \$100,000 and a record deal with Republic Records (a division of Universal Music Group) or the Nashville-based Big Machine Records. Of the 18 winners so far, only Casadee Pope has achieved even a moderate amount of success.

A horse of a totally different color is the Nobel Peace Prize. The winner receives a medal, the title of Nobel Peace Prize Laureate and 10 million Swedish crowns, which equals about \$1.2 million in U.S. dollars. Obviously, winning a Nobel Prize is far better, but when you're a singer or talent looking for your big break, all of the above doesn't sound so un-Nobel, Merry Christmas!

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GO FIGURE!

by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: **

* Moderate *** Difficult
*** GO FIGURE!

	x		-		22
-		÷		x	
	+		+		7
x		+		-	
	+		+		21
21		15		27	

1 2 4 5 6 7 8 9

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KOVELS' Antiques & Collecting

By Terry and Kim Kovel

Christmas Devil -- Krampus is a legendary German figure who visits children on Dec. 6 to find bad children, catch them with his very long tongue, beat them with sticks and take them away to the underworld. This evil man was part of holiday lore for centuries, but this frightening idea was suppressed. The Catholic Church forbade the celebrations, and it was considered an evil political idea after World War II. Antique figurines and drawings of Krampus are still found in searches for antiques, although rarely are recognized.

In the past 25 years, Krampus has reappeared in two new books of old postcards picturing him, a comic book, a TV show, movies and an art exhibit for the "cool" crowd. In Europe on Dec. 5, there have been celebrations with drunken men in devil costumes chasing people in the streets. But some are remembering Krampus in a friendlier way, by selling pieces of chocolate shaped like devils. This 33-inch-tall Krampus figure with golden horns was made in Germany. He is covered in black fur and holds a chain and basket full of naughty children. It sold at a Bertoia auction for \$1,560.

Q: I have a set of nativity figures that came with a Certificate of Authenticity that reads "Original Lepi Woodcarvings." It says they are made of maplewood, and carved and painted at Ortisei in Val Gardena, Italy "following an original design of Rupert Reindl, our famous master sculptor." I have the box they came in. I'd like to know something about the maker.

A: Ortisei is an Italian town in Val Gardena (Garden Valley). Woodcarvers have worked in

this area since the 1600s. At first, they made practical items for the home and farm. Eventually, the town became a center of decorative woodcarving, especially nativity sets and other figures. Lepi is a woodcarving workshop founded by Leo Prinoth in 1920. The company still is in business, and it makes wooden figures based on designs by Rupert Reindl (1908-1990) and other well-known woodcarvers. Christmas woodcarvings sell for half or less than the original price.

CURRENT PRICES

Christmas postcard, Santa Claus, seated at desk, working on his list, candlestick, maroon coat, c. 1905, \$20. Mittens, white rabbit fur, front and cuffs, red leather backs, cream felt liner, women's, 1960s, 12 1/2 inches, \$80. Bell, sleigh, 24 brass bells, incised, leather strap, 100 inches, \$110. Christmas ornament, kugel, cluster of grapes, olive green glass, baroque cap, Germany, 5 1/2 inches, \$445.

TIP: If you are a collector of old Christmas tree ornaments or Christmas lights, use these on the tree. Do not use burning candles -- it is too dangerous.

"Kovels' Antiques & Collectibles Price Guide" -- the all new 2021 edition with more than 11,500 prices, 3000 pictures and many helpful tips -- is now available in bookstores and online, or visit www.Kovels.com for a special offer.

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STICKELERS

by Terry Stickels

Unscramble this common 17-letter word.
The letter "D" starts the word.

D

S R O P
T A L I
O I O N
R L Y I

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Strange BUT TRUE

* Doc Martens come in all different colors and sizes now, but the first pair was created using old tires.

* There actually aren't "57 varieties" of Heinz ketchup, and never were. Company founder H.J. Heinz thought his product should have a number, and he just happened to like 57.

* March 3 is known as "What if Cats and Dogs Had Opposable Thumbs Day."

* The number of permutations within a deck of cards is mind-bogglingly large: an 8 with 67 zeroes after it. That means there are more card combinations than stars in the Milky Way, which amount to as many as 400 billion!

* Cataract surgery was possible as early as the 6th century B.C.

* Barbie's physical appearance was inspired by a German doll named Bild Lilli, created in 1952 and based on a high-end call girl named Lilli who was featured in the comic strip "Bild-Zeitung." She was

sold as an adult novelty in bars and tobacco shops -- definitely not as a children's toy. Barbie inventor Ruth Handler saw the doll while vacationing in Europe and brought it home.

* Sunsets on Mars are blue.

* The Gate Tower Building in Osaka, Japan, has a highway that passes through the building, between the fifth and seventh floors.

* A Paris morgue needed help identifying bodies in the 1860s, so decided to open its doors to the public. They probably underestimated people's morbid curiosity, though, as soon 40,000 people a day were coming to look at corpses.

* Mob boss Vincent Gigante would wander around New York in his bathrobe to convince the police he was insane, and thus avoid capture.

Thought for the Day: "Life is mostly froth and bubble. Two things stand like stone. Kindness in another's trouble, courage in your own." -- Adam Lind-say Gordon

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Now here's a tip!

by Jo Ann Derson

* B.B. in Massachusetts writes: "I have a rubber disc (used for taking covers off jars) that I keep in my shower. When showering, I put the disc over the drain so the water can accumulate, then I soak my feet at the same time."

* To save yourself some time and aggravation, make a safety set of keys that match your current set exactly. You will never have to go looking for your keys when you are in a hurry, and you won't have to determine if the key you need is on the ring. It is!

* Re: your recent tip about storing heirloom quilts in a cedar chest: No, no, a thousand times no! Nothing is worse for quilts -- heirloom or otherwise -- than storing them in cedar chests. Acids will not only stain them but break down the fabric over time. -- B.R. in Washington.

Thanks B.R. Although my grandmother did store quilts and other fabric items in her cedar chest, according to sources at the National Quilters Circle, the best place for an heir-

loom quilt may be on a bed. You can stack them, but rotate so that no quilt gets too much sun. -- JoAnn

* "For squeaky door hinges, forget about graphite, WD-40 or any of those other messy lubricants that may last for only a few months. Pull the hinge pins, wipe them clean with a dry rag, and then apply a thin coating of Vaseline with your finger. Properly done, your hinges should remain free of squeaks for at least a year." -- F.B. in Colorado

* "If you live in a cold area where you might experience icy sidewalks and you have a dog or cat, don't forget to protect your pet's feet from the salt and/or chemicals that are frequently used to melt ice. Be sure to wipe down your pet's feet after a walk outside." -- F.F. in Alaska

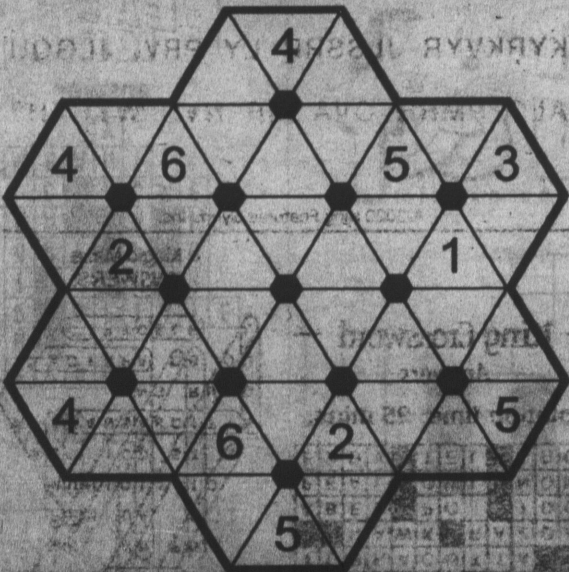
Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ♦ ♦ ♦

♦ Easy ♦ ♦ Medium ♦ ♦ ♦ Difficult

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Go Figure!

answers

27	15	21
7	6	x
21	5	+
	+	x
2	1	+
7	4	+
	x	÷
22	8	-
5	x	6

Stickelers Answer

The word is disproportionately

Super Crossword

POP TRIOS

ACROSS

- 1 Dreamworld
9 Pa
12 Incline
16 Big — whale
19 Person
20 Straight-ahead view
22 Dandy sort
23 That
25 Regret a lot
26 Mythical ship
27 Plane-related
28 Compass dir.
29 Growing field
30 Franklin
36 Very reactive
40 Actor Ely
41 Inflexible
42 Assist an
49 Like cold fish
50 Muscular
jerk

- 51 Organic
52 Castle
53 Join others in
54 Poetic foot
55 — long way
56 Effortless
57 Certain scroll
58 Dhabhi
59 Regret a lot
60 Mr. —
61 High peak
62 Reversed sort
63 Directs
64 Cantata kin
65 Dirt clump
66 Ph.D. or
67 M.B.A.
68 Allergic
69 City's main
70 Business
71 section
72 during a
73 tornado?
74 [1982, 1967,
1965]

- 98 The Every
Brothers' —
Clown
101 Bovine cry
102 Old Fords
103 Rigg made
Rooney go
104 "Wow!"
105 [1957, 2000,
1982]
106 Many a
seized car
107 Honest prez
108 Reversed sort
109 Messy stack
110 Bitter brew
111 This puzzle's
long answers
each consist
of three of
these
112 Actor
Gulager
113 Extolling
114 Analgesics
115 "Keystone"
lawman
116 Move upward
117 Heckling cry
118 Fresh
beginning

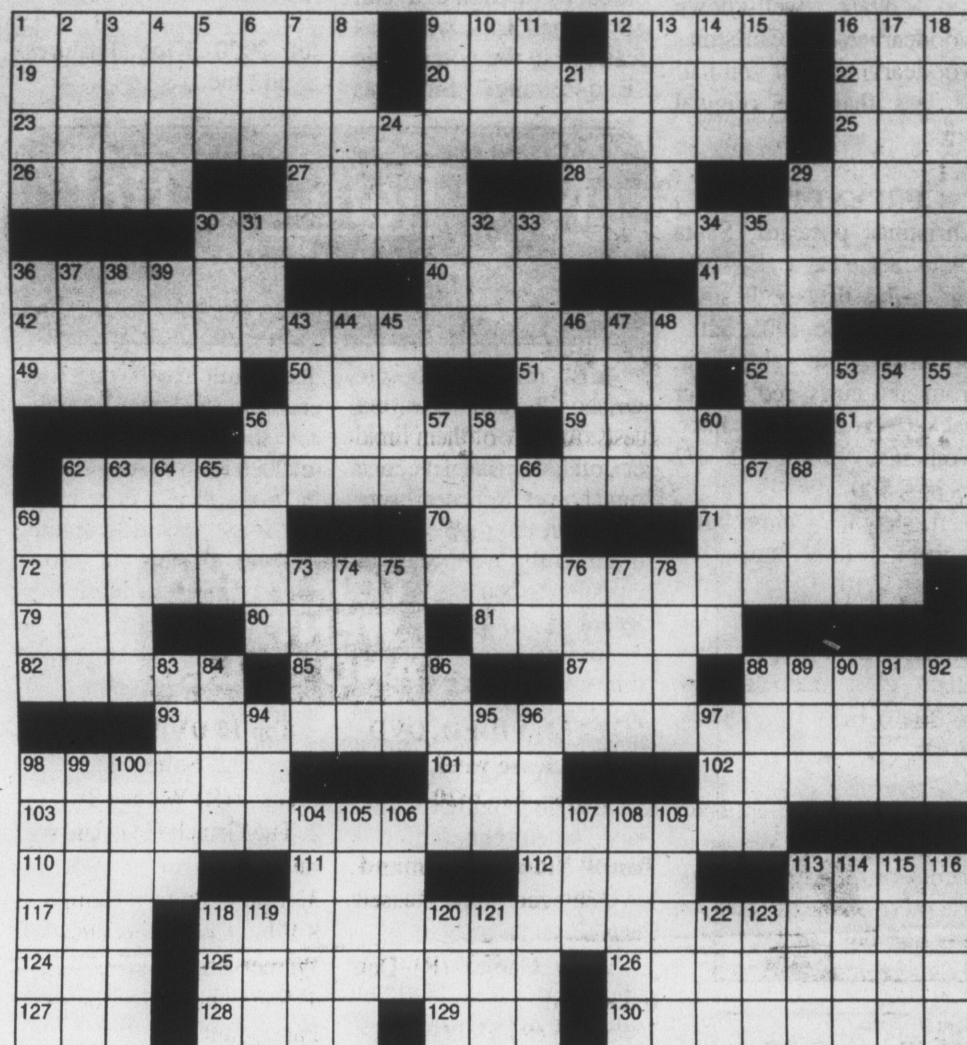
DOWN

- 1 Mother of
Helen of Troy
2 Love deity
3 Chest organ
4 Choir voice
5 Test facility
6 Gobbled up
7 Actor Lloyd

- 8 Less sweet,
as wine
9 Gobbles up
10 In-favor vote
11 JFK, e.g.
12 High-strung
13 Vine-covered
14 Grassy area
15 Mom's skill,
in brief
16 Fright-filled
17 Wellspring
18 Epithet for
Tarzan
21 Most recent
24 Before
29 Sorbet
30 Shine up
31 Broody rock
genre
32 Japanese
dance-drama
33 Concerning
34 "So cute!"
35 Beer bubbles
36 "— ching!"
37 Slim fish
38 — Blo fuse
39 NYSE debut
43 Of ears
44 Jaunty tune
45 Frosts
46 Modular part
47 Ark-itect?
48 Charity
53 Katy Perry's
"I Kissed —"
54 Toy truck
maker

- 55 Wise guy
56 Cola biggie
57 Actor Epps of
"Shooter"
58 "Ora pro —"
("Pray for
us")
60 Root beer
brand
62 Filmmaker
Pier —
Pasolini
63 Nile's home
64 Stephen of
"Ondine"
65 Suffix with
play or faith
66 Kick out
67 Debt slip
68 Chou En-
69 Soho stroller
73 Roman 350
74 Consecrated
75 Sufficient, in
poetry
76 Lamarr of
"Comrade
X"
77 Ticked (off)
78 Accordingly
83 Prefix with
botany or
biology
84 "— Little
Tenderness"
86 Lightest coin
88 Actor Griffith
89 Dol. parts
90 Farming tool
91 Barn
percher

- 92 Slip —
(mules, e.g.)
94 D.C.'s land
95 Silent "OK"
96 Santo —
97 Diminutive
98 Audiophile's
storage item
99 Danny of
"Ruby"
100 Wrap, as a
weak wrist
104 Papas'
partners
105 Activist
Hoffman
106 Final letters
107 Chemical
suffix
108 "Over There"
composer
109 Kevin of
"Silverado"
113 Pitcher —
Wilhelm
114 Central
Sicilian city
115 Golden —
(senior)
116 "Hey ... over
this way!"
118 "Car Talk"
network
119 "Mystifier"
Geller
120 Chest bone
121 Artist Yoko
122 Job for
AAA
123 1960s univ.
radicals

celebrity
extra

by Dana Jackson

Q: When will Alex Trebek's final episodes of the game show "Jeopardy!" air? I want to make sure I don't miss them. -- C.K.

A: Alex Trebek passed away from pancreatic cancer in early November, but he forged ahead during his struggle with the disease and filmed many episodes of the syndicated game show. From Dec. 21-28, "Jeopardy!" will air 10 of its most classic episodes. The following week, beginning Jan. 4, 2021, viewers will get to see Trebek's final new episodes. Then starting Jan. 11, Ken Jennings, one of the show's greatest champions, will guest host. Other hosts will step in shortly thereafter, but the names have yet to be announced.

According to "TV Guide," executive producer Mike Richards said that "Alex believed in the importance of 'Jeopardy!' and always said that he wanted the show to go on after him."

Q: Whatever happened to Rachel Griffiths from "Six Feet Under"? I was watching reruns of the series on HBO and realized I haven't seen her in anything since, which surprises me because she's

a really fantastic actress. -- B.M.

A: Australian actress Rachel Griffiths first gained attention in the mid-'90s in the independent film "Muriel's Wedding" opposite another breakout star from Down Under, Toni Collette. In 2001, she was cast in the critically acclaimed "Six Feet Under," about a family who runs a funeral home. After its run, Griffiths landed another successful series, "Brothers & Sisters," opposite Calista Flockhart. Since then she's been working steadily, just not in series that have lasted more than one season.

Things could be changing though. She's now starring in "Total Control," a new series on the SundanceNow streaming service, playing an Australian prime minister who drafts an indigenous woman (played by Deborah Mailman) into the senate. The show has won several AACTA (Australian Academy of Cinema and Television Awards) honors. I know the last thing most people want is to pay for another monthly steaming service, but the good news is that SundanceNow is less than \$7 a month.

Q: I was so sad to hear about the death of the actor who played Squiggy on "Laverne & Shirley." I know "Laverne" passed too, but are "Shirley" and "Lenny" still alive? -- T.T.

A: Yes, sadly, David L. Lander, passed away this month at the age of 73 due to complications from his



Alex Trebek

Photo credit: Sony Pictures Entertainment

long battle with multiple sclerosis. He played the hilariously bothersome Squiggy on the classic sitcom "Laverne & Shirley" from 1976 to 1983. Penny Marshall (Laverne) passed two years ago at the age of 75 from complications from diabetes.

Cindy Williams (Shirley) and Michael McKean (Lenny) are, thankfully, still with us and are still gainfully employed in Hollywood. McKean and Lander actually had a hand in the creation of Lenny and Squiggy, having invented the greasers while doing improv as students at Carnegie Mellon University in Pittsburgh before the sitcom was born. They were hired as writers for the show and recreated the duo for television.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFW5, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|------------------------|-----------|--------------------|-----------|
| 1. Catwalk girl | ___ D ___ | Traveler's lodging | ___ T ___ |
| 2. Winding staircase | ___ R ___ | Of the backbone | ___ N ___ |
| 3. Tenant | ___ T ___ | Melt down fat | ___ D ___ |
| 4. Greasy dirt | ___ M ___ | Complain | ___ P ___ |
| 5. Within the vicinity | ___ C ___ | Steadfast | ___ Y ___ |
| 6. Papa | ___ D ___ | Fine and | ___ N ___ |
| 7. Parisian country | F ___ | Walk lively | P ___ |
| 8. Multitude of people | ___ D ___ | Queen's headwear | ___ N ___ |
| 9. Flambeau | ___ R ___ | and go; iffy | ___ U ___ |
| 10. Gas pump rating | ___ N ___ | Musical interval | ___ V ___ |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆◆◆

◆ Moderate ◆ Challenging
◆◆◆ HOO BOY!

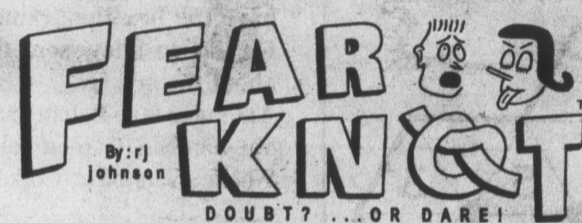
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Super Crossword

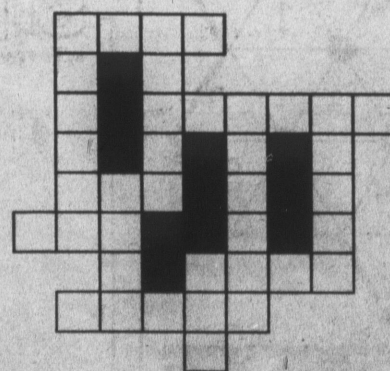
Answers

Even Exchange
answers

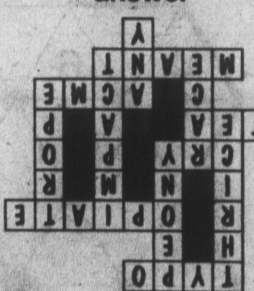
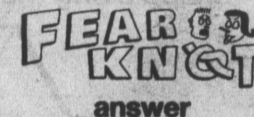
- | | |
|-------------------|-------------------|
| 1. Model, Model | 5. Local, Loyal |
| 2. Spiral, Spinal | 4. Grime, Grippe |
| 3. Renter, Render | 3. Renter, Render |
| 4. Crowd, Crown | 2. Spiral, Spinal |
| 5. France, France | 1. Model, Model |
| 6. Daddy, Dandy | |
| 7. Torch, Touch | |
| 8. Octane, Octave | |



- RYC
TAMPIC
NATEM
YOPT
OATPIE
YNA
EARC
OPRET
TAE
HERTIC
YOPEN
CEAM



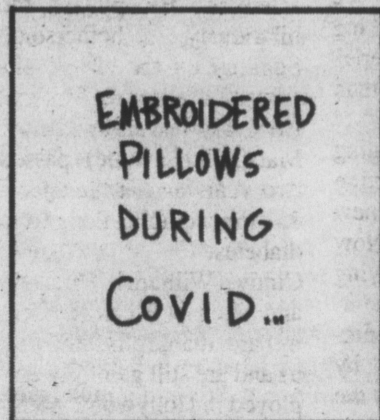
Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

Weekly SUDOKU
AnswerD
E
C1
72
0
2
0

Amber Waves

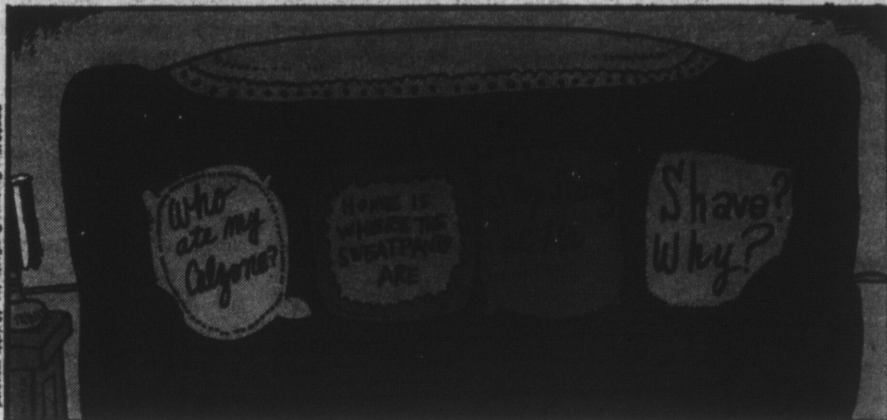


Out on a Limb



by Dave T. Phipps

by Gary Kopervas



R.F.D.



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Bent WEAKS
Pop TRUBS
Defend DELISH
Bottom NDURE

TODAY'S WORD

"I can't cook, but my husband says I'm the best little _____ in the world."

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

2	4	6	4	5	3
1	3	1	6	4	4
4	6	3	6	2	1
5	3	2	3	4	1
4	2	4	6	6	5
3	4	5	2	5	6

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Small Holiday Gathering Can Still Stress Pets

DEAR PAW'S CORNER: This year, we are only going to have a few family members over on Christmas Day. In past years, I've put our dog, cat and rabbit in the back of the house with plenty of water and beds to sleep in, so the noise and lights and strange people don't stress them out. I feel like we can safely keep the pets in their usual spots this year because there will only be eight people here for dinner and presents. What do you think? -- Cheryl in Lake City, Florida

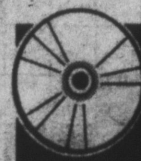
DEAR CHERYL: That's your call. You know your pets.

In addition to the size of the gathering, you should consider the personalities of your guests: Are any of them timid or afraid around pets, and would anyone be upset if your

dog starts barking? The big question here is how many strangers each of your pets can handle. Rabbits, for example, are very susceptible to stress and should be kept in a quiet spot and not handled too much by visitors. A calm, well-socialized dog may be able to handle the influx of people. Same with your cat, who will simply disappear to a hiding spot if things get a little overwhelming. Even though it's a smaller crowd this year, make a plan and share it. How much time should the pets spend with visitors around? When should they be placed in a separate area? (During dinner or when presents are opened, for example.) If a pet shows signs of stress, such as barking, yelping, meowing, hissing or growling, who will grab them and take them to the quiet spot to calm down? When everyone knows the strategy, they can act quickly to keep the party calm and pets healthy and safe.

Send your tips, comments and questions to ask@pawscorner.com.

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TOP VIDEO RENTALS AND SALES

TOP TEN VIDEO, DVD
for release week of
Dec. 14, 2020

- Top 10 Video On Demand**
1. Unhinged (R) Russell Crowe
 2. Buddy Games (R) Dan Bakkedahl
 3. Fatman (R) Mel Gibson
 4. The New Mutants (PG-13) Maisie Williams
 5. Home Alone (PG) Macaulay Culkin
 6. National Lampoon's Christmas Vacation (PG-13) Chevy Chase
 7. Girl (NR) Bella Thorne
 8. Antebellum (R) Janelle Monae
 9. Home Alone 2: Lost in New York (PG) Macaulay Culkin
 10. Always and Forever (PG-13) Cynthia Addai-Robinson

Top 10 DVD, Blu-ray Sales

1. Joker (R) Warner Bros.
2. The Grinch (PG) Universal Pictures
3. Harry Potter: Complete 8-Film Collection (PG-13) Warner Bros.
4. Sonic the Hedgehog (PG) Paramount
5. Home Alone (PG) 20th Century
6. Birds of Prey: And the Fantabulous Emancipation of One Harley Quinn (R) Warner Bros.
7. Mulan (2020) (PG-13) Disney
8. Trolls World Tour (PG) Universal/Dream Works
9. Elf (PG) Universal
10. Spider-Man: Far From Home (PG-13) Sony Pictures/Marvel

Source: Comscore/Media-PlayNews

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Hitori

answer

6	5	2	5	3	4
5	6	4	2	4	2
4	1	3	2	3	5
1	3	4	1	3	4
4	1	3	2	3	4
4	1	3	2	3	4
4	1	3	2	3	4
4	1	3	2	3	4
4	1	3	2	3	4
4	1	3	2	3	4

SCRAMBLERS
Today's Word
1. Askew 2. Burst
3. Shield 4. Under
solution

MORE FUN

COUCH THEATER DVD PREVIEW

December is the month of holidays — there's Hanukkah, the first day of winter, Christmas, Kwanza and New Year's Eve, but my favorite December holiday is my birthday. While some people might choose to begin playing down their birthday after something-something years, not me. In fact, here's a little birthday fun: I'm going to list some of my favorite fun movies, and let's see if you can guess my age.

Love Actually — Yes, it's a Christmas film — actually, it's my annual "watch while wrapping the gifts" movie — but you can watch it anytime of year. Who doesn't love Hugh Grant as the dashing prime minister, and Andrew Lincoln's unrequited love for Juliet? Each time I watch it, I identify with a different character, sometime for worse, but mostly for better.

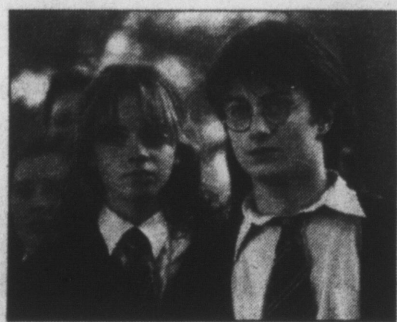
Better Off Dead — John Cusack stars as sad high-schooler Laine Meyer, who's obsessed with his girlfriend Beth. Diane Franklin is Monique, the neighboring French foreign exchange student, who's attempting to escape the suffocating attentions of her host family's son, Ricky.

Goon — It's easy to write off this movie as trash — the filthy language is on overload — but I find the "misfit who finds his destiny" story to be sweet and disarming comedy. Sean William Scott plays Doug Glatt, a softie with a serious protective streak and a mean punch, who is tagged as an enforcer for a semi-pro hockey team after defending the honor of his brother.

King Arthur: Legend of the Sword — Is it because Charlie Hunnam is in the lead role as Arthur, a tough orphan

who is raised in a brothel before he pulls Excalibur from the stone and learns of his royal destiny? Or perhaps it's Jude Law as Arthur's vicious uncle Vortigern, who would sacrifice anything for more power. Maybe it's Guy Richie's stylistic direction. Critics hated it, but not all of them — just check my Netflix watch history.

Harry Potter and the ... — I love the entire Harry Potter series of films, top to bottom. In case you're wondering, my favorite is "Prisoner of Azkaban," with the introduction of both Gary Oldman as Sirius Black, and David Thewlis as Professor Lupin, two of Harry's dad's besties.



Scene from "Harry Potter and the Prisoner of Azkaban"

Steel Magnolias — This movie never ages nor tarnishes. A group of Southern women prepare for the wedding of Shelby and follow her through motherhood and beyond. No matter how many times I watch it, I will always root for Shelby, and cry at M'Lynn's cemetery soliloquy.

Serenity — A final request to fans of the canceled TV series "Firefly," writer/director Joss Whedon takes us on a space adventure with a Western bent. Captain Mal Reynolds (Nathan Fillion) heads a rebellious crew who err on the shady side of business, but one of their own is relentlessly tracked by the Alliance. The only cure is a good-old fashioned showdown to out the truth and set them all free.

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Puzzles4Kids

by Helene Hovanec

WORD FUN

Study the two words on each line to find the ONE letter in the left column that is NOT in the word in the right column. Write the extra letter on the blank space. Then read DOWN to answer this riddle:

WHAT DID ONE CHRISTMAS ANGEL SAY TO THE OTHER?

CHOSEN	CONES	TAMEST	TEAMS
PRAISE	SPIRE	SHIFTS	FISTS
FLIERS	FIRE	BARGES	GRABS
OODLES	DOLES	ALERTS	STALE
		ERASED	DEARS

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Prostate-Shrinking Medicines & Cancer

DEAR DR. ROACH: I've had low-grade prostate cancer for several years and am presently on "active surveillance." My PSAs have been high but steady, running around 7.8 to 9.2. I have a greatly enlarged prostate, which I believe contributes to the high PSA numbers.

I would like your opinion regarding finasteride (Proscar), as I am considering taking it. I see one of its side effects is that it increases the risk of developing a very serious form of prostate cancer. Since I already have this cancer, am I at an increased risk of mine growing more aggressive? -- D.N.W.

ANSWER: A 2013 study showed that although finasteride reduced the overall risk of prostate cancer from 15% to 10% in men followed up to 18 years on finasteride, there was a small increase in high-grade, aggressive prostate cancer, from 3% to 3.5%. However, there was no increased risk of prostate cancer death among treated men.

Several follow-up studies have suggested that the apparent small increase in aggressive prostate cancers reflected an easier ability to find these cancers, since finasteride shrinks prostate tissue, making it easier to both biopsy and read the results. My view is that the apparent increase in aggressive prostate cancer is unlikely to represent a real danger in taking finasteride. There is no evidence to suggest that finasteride would change the behavior of an existing tumor.

DEAR DR. ROACH: I have breast cancer and am being recommended anastrozole. Can you tell me the side effects, both short term and long term? -- Anon.

ANSWER: Anastrozole is an inhibitor of the enzyme aromatase, which converts androgens made in the adrenal gland to estrogens. Anastrozole thus has the

effect of dramatically reducing estrogen levels in the blood. For women with estrogen-sensitive tumors, this means less stimulus for the tumors to grow. Aromatase inhibitors like anastrozole have had a significant effect on improving cure rates and survival in women with estrogen receptor-positive breast cancer.

Aromatase inhibitors have been used for over 20 years; however, that's still not long enough for a comprehensive understanding of long-term effects. There are short-term effects, and these limit the ability of some women to tolerate their use for the five years they are usually prescribed. About a third of women do not complete the course.

The most common reason I see for women stopping anastrozole is the musculoskeletal pain that often accompanies it. Symptoms can be severe in up to a third of women, but regular exercise and anti-inflammatory drugs are effective in reducing these symptoms.

There are sexual side effects for many women. The loss of estrogen due to anastrozole can cause vaginal dryness, which may lead to painful intercourse. This can be treated with lubricants, and most data suggests that low-dose vaginal estrogen is both safe and effective, although I recommend an individualized discussion with her oncologist before a woman takes that.

Fatigue, forgetfulness, and poor sleep are often reported by women on anastrozole. Bone loss (osteopenia and osteoporosis) is more common in women on anastrozole. Nonpharmacologic strategies include regular exercise, calcium and vitamin D, and smoking cessation. However, many women need medical therapy if the bone density becomes dangerously low despite this.

While there are certainly downsides to taking anastrozole, they need to be balanced against the improved survival rates in women who take them compared with other treatments.

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DEARS
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ALERTS
BARGES
SHIFTS
TAMEST
OODLES
FLIERS
PRAISE
CHOSEN

Comfort foods



by Healthy Exchanges

Chocolate Chip Peanut Butter Cookies

What's a holiday without a few holiday goodies — not too festive, that's what! This ultra-easy cookie should brighten things up.

- 1/2 cup cold water
- 1 1/2 cups nonfat dry milk powder
- Granular sugar substitute to equal 1/2 cup sugar, suitable for baking
- 3/4 cup reduced-fat peanut butter
- 2 teaspoons vanilla extract
- 2 cups reduced-fat baking mix
- 1/4 cup mini-chocolate chips

1. Place cold water in a 2-cup glass measuring cup. Stir in dry milk powder until mixture makes a smooth paste. Cover and microwave on HIGH (100% power) for 45 to 60 seconds or until mixture is very hot but not to the boiling point. Add sugar substitute. Mix well to combine. Cover and refrigerate for at least 2 hours. (What you've just made is fat-free and sugar-free sweetened condensed milk!)

2. When ready to make cookies, preheat oven to 375 F. In a large bowl, combine cooled milk mixture, peanut butter and vanilla extract. Add baking mix. Mix well to combine. Stir in chocolate chips. Shape into 36 (1-inch) balls. Place balls on an ungreased baking sheet. Flatten each ball with a fork.

3. Bake for 6 to 8 minutes. Remove cookies from baking sheets and cool on wire racks. Makes 12 (3 cookies each) servings.

* Each serving equals: About 203 calories, 7g fat, 8g protein, 27g carb., 349mg sodium, 1g fiber, Diabetic Exchanges: 1 1/2 Starch, 1 Meat, 1 Fat.

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- "I'd Like to Teach the World to Sing (In Perfect Harmony)" was used to promote which product?
- Which artist released the "Highway 61 Revisited" album?
- Name the one Beatle not wearing shoes on the Abbey Road album cover.
- Which group released "Shout" in 1959?
- Name the song that contains this lyric: "I know you come a long way, baby, But you don't need that heart of stone."

Answers

- Coca-Cola. The lyrics were changed to include "I'd like to buy the world a Coke." One commercial was shot with an international group on a hilltop in Italy. Other versions have followed over the years.
- Bob Dylan, in 1965. He named it after a road that ran through his hometown, Duluth, Minnesota.
- Paul McCartney. This "clue" led to a conspiracy theory that McCartney was dead after a car wreck in 1966, and it was his lookalike in the photo.
- The Isley Brothers.
- "The Second Time Around," by Shalamar in 1979. The song went to No. 1 on the soul charts and then months later hit No. 1 on the dance/disco charts. The group has reconfigured multiple times over the years, and they're touring the U.K. in 2021.

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Puzzles4Kids
Answer

Contract Bridge

VARIETY, THE SPICE OF LIFE

North dealer.

Neither side vulnerable.

NORTH
♠ A K Q J 3
♥ Q 9 5 3 2
♦ A
♣ Q 9

WEST **EAST**
♠ 7 4 2 ♠ 8 6
♥ K J 10 8 7 6 4 ♥ —
♦ Q 2 ♦ 8 6 3
♣ 4 ♣ A J 10 8 7 6 5 2

SOUTH
♠ 10 9 5
♥ A
♦ K J 10 9 7 5 4
♣ K 3

The bidding:
North East South West
1♣ 4♣ Pass Pass

Dble Pass 5♦

Opening lead — jack of hearts.

Today's deal occurred in the World Top Invitational Pairs, held in 1988 in the Netherlands. Following North's opening bid, every East preempted with four clubs, after which the various paths diverged.

Most Souths found the winning response of four spades, which ended the auction. East led the club ace and continued with the jack at trick two, requesting the return of the

higher-ranking side suit, hearts. West ruffed and obliged by returning a heart, but East's ruff proved to be the last trick for the defense.

One North-South pair wound up in five spades, and the defenders took the same three tricks to produce a one-trick set.

Certainly the most unusual result occurred at the table where the bidding went as shown and North-South wound up in five diamonds, missing their spade fit altogether. Unfortunately, poor defense then snatched defeat from the jaws of victory.

If West leads his singleton club, the defenders should score the same three tricks — the club ace, a club ruff and a heart ruff. (Even if South falsecards by dropping the club king under the ace, a club return is East's only reasonable play.) But West chose to lead a heart, ruffed by East.

All East had to do now was to play the ace and another club. But for reasons best known to himself, East elected to underlead the ace of clubs! A surprised declarer won with the king, led a diamond to the ace, ruffed a heart and laid down the diamond king. When the queen came tumbling down, South ended up with an overtrick!

Considering the bidding and play at this table, the tournament might have been more aptly named the World Bottom Invitational Pairs!

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by Steve Becker

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On 8-1 Vote, Council OKs New Downtown Land Deal

By SCOTT JACKSON

City councillors on Monday approved a land disposition agreement that will allow a developer to construct a pair of apartment buildings on the former Hancock Lot in Quincy Center.

Councillors voted 8-1 in favor of the agreement between the city and the developer, LBC Partners, with Councillor Anne Mahoney voting against the deal. The agreement still requires approval from the state Department of Housing and Community Development before it takes effect.

The land disposition agreement, or LDA, allows the developer to purchase the two remaining undevel-

oped portions of the Hancock Lot, known as R2 and R3 in city planning documents. R2 is located on the corner of Revere Road and Dennis Ryan Parkway and R3 is located near the corner of Mechanic Street and Revere Road. The developer would pay the city \$4.8 million for that land — \$3.5 million for the R2 parcel and \$1.33 million for the R3 parcel.

Before beginning construction on those parcels, the developer would need to go before the Planning Board for approval. William Geary, the special counsel to Mayor Thomas Koch for downtown redevelopment, said LBC has 180 days af-

ter the LDA is approved to file for a certificate of consistency from the Planning Board, which would start the board's review process.

If the Planning Board approves the project, LBC would have 30 months to complete construction of the new building on the R3 parcel and 36 months to complete the work on the R2 parcel, Geary added.

James Shea, the attorney who represents the City Council during LDA negotiations, said the developer would not be able to close on the two parcels until they are ready to begin construction.

Jonathan Miller, a vice president with LBC, told

councillors in November that his company had purchased two lots — 1562 Hancock St. and 1570 Hancock St. — that about the R3 parcel for approximately \$4 million. The single-story commercial buildings currently on those parcels would be razed to make way for the new development.

Mahoney on Monday said she was concerned about the fate of the businesses located within the two Hancock Street buildings LBC will raze to make way for the new development, including Napoli Pizzeria, Paddy Barry's and the V & K Smoke Shop.

"I know the businesses

will all be working with LBC, but it is just a very unfortunate thing in this time and climate," Mahoney said. "It seems a little disingenuous to say we are trying to support local businesses and then at the same time basically they felt kind of like the rug was pulled out from underneath their legs a little bit with this."

Miller said there are eight commercial tenants in the two properties LBC purchased, four of whom have already reached agreements with the developer. He said LBC was committed to working with the remaining four businesses and noted the company had been able

relocate the tenants of the buildings razed to make way for Nova Residences, the 171-unit apartment building the developer built at 1500 Hancock St.

"There is still a lot of time left here," Miller stated, saying that the buildings would not be coming down until the Planning Board process is complete.

"We have done a lot of outreach so far and most importantly we do have experience in this area, and we do look forward to working with everyone on that block to make sure a resolution is reached."

Several other councillors

Cont'd On Page 33

First Baptist Church Of Wollaston

First Baptist Church of Wollaston, 81 Prospect Ave., Quincy has an online remote worship service Sunday mornings and is open for the congregation for limited seats only.

Pastor David Choi will preach his sermon: "Beginning of the Good News" (Mark 1:1-3).

The church online dial-in/web meeting weekly

schedule is:

- Sunday - 10:30 a.m. worship service

- Wednesday - 6:30 p.m. Community Group Meeting — Gospel of John

- Thursday - 6:30 p.m. Bible Classes — Epistle of Paul to Romans

- Friday - 11 a.m. Prayer Group Meeting.

Online leadership training will be held in mid Janu-

ary.

For those who want to go to church and attend the Sunday service, make reservations in advance every week to Lewann Mina by dialing 617-472-0824; if needed leave a message.

For online Sunday worship service, go to the church website: www.firstbaptistchurchofwollaston.org/ for the conference call number.

Lighthouse Fellowship

Lighthouse Fellowship, 73 Newbury Ave., North Quincy, continues its services at 10 a.m. on Sunday mornings.

After 24 weeks of worship on the lawn from May through October, the congregation is back inside enjoying the in-person gathering. For those who prefer to watch from home, the service and Pastor Mike Fehan's messages are available also on the church website at lighthousequincy.com and on YouTube.

On Christmas Eve, Dec. 24, there will be caroling on the front lawn at 5:30 p.m. to encourage and bless the neighborhood. All are welcome to join their voices.

At 6 p.m. there will be a Candlelight Service with carols, Scripture readings and a short message by Pas-

tor Mike. Steve and Deb Emery will play a beautiful rendition of Away In a Manger on trumpet and piano as well. To assure safe seating, call the church office to reserve a place: 617-847-4444.

Classes for children continue each Sunday morning at 9 a.m. and the youth group meets on Friday evenings from 7 - 9 p.m. Recently the youth helped the church pack 196 boxes for Samaritan's Purse Operation Christmas Child. These are a tangible way to show God's love to children around the world. Since 1993 more than 178 million children in more than 150 countries have received an Operation Christmas Child shoebox. The youth group had great fun packing the boxes with all the gifts which were gen-

erously donated.

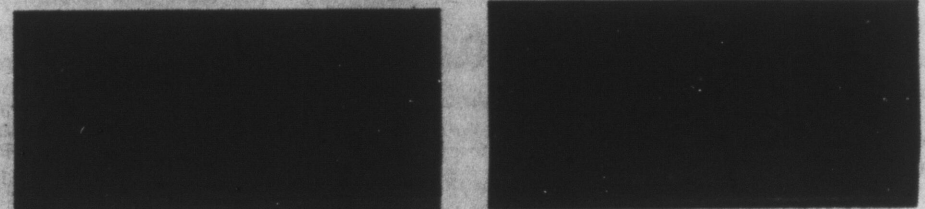
For all events, masks and social distancing are required. Temperatures are also taken at the welcome desk where masks and hand sanitizer are available. All areas are cleaned after each class or service.

A men's group meets bi-weekly on Tuesday evenings and several Bible studies are held weekly. The church website gives more details of these regular activities. It also tells of the Lighthouse internship program and provides an application form for anyone interested in getting involved. Presently Sederra Ross and Kiley Shionis serve in this program helping with youth activities, worship music and office management. To inquire further call 617-847-4444 or check out the info at lighthousequincy.com.



FLAGS FOR VETS ISLAND SQUADRON 294

Bricks for Veterans Program



PHASE 2 Still Available

The Sons of the American Legion, Squadron 294, Morristown American Legion Post in Quincy is still selling engraved honor and memorial bricks for its "Bricks for Veterans" at Flags for Veterans Island, Fort Square, Quincy.

Phase 1 along the walkway to the island's main flag pole is sold out but bricks for PHASE 2 are still available.

PHASE 2 engraved bricks will form a patio in front of the flower bed located on the Pleasant Street side of the island in Fort Square.

Bricks are available for \$50 each. The bricks can be inscribed with a veteran's name, rank and branch of service. A sample brick appears above.

This form can be clipped, filled out and mailed to order a brick.

BRICKS FOR VETERANS

Line 1: Veteran Name/Rank: _____

Line 2: Branch of Service: _____

Bricks cost \$50 each

Send this form and check to:

S.A.L. Squadron 294

87 Woodcliff Road.

Quincy, MA 02169

For more information or to order, call 617-733-8026

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to order, call 617-471-3100

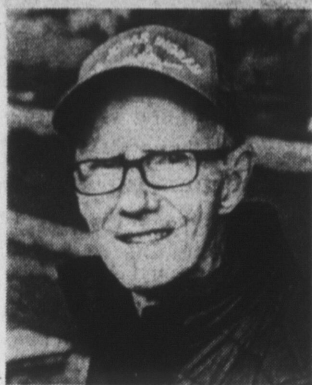
OBITUARIES

Michael E. Kenney, 72

Michael Edward Kenney, 72, of Rutland, Vermont, passed away peacefully Nov. 22 at home with his family after a four year battle with Parkinson's Disease and Dementia.

Michael, son of Edward Kenney and Mildred (Kemp) Kenney, was born in Quincy in 1948 and served in the U.S. Navy from 1967-1969 as a damage controlman on the USS Jonas Ingram. His time in the service was a lifelong source of pride, and he worked with the Tin Can Sailors Association restoring the USS Joseph P. Kennedy, Jr. in Battleship Cove, Fall River, for many years. The first member of his family to graduate from college, he earned a BA in Industrial Arts from Fitchburg State College in Massachusetts in 1973.

A Vermont educator for nearly 30 years, Mr. Kenney worked in the Milton, Rutland City, Randolph and Belows Falls school districts. He believed strongly in continuing studies, and throughout his lifetime encouraged many young people to study hard and pursue academic achieve-



MICHAEL E. KENNEY

ment. He was an avid runner, training on the hilly roads of Killington and running many road races. He was a passionate skier, for the freedom it brought him as well as the sense of adventure and exploration. Mr. Kenney was a lifelong golfer, hooked on the pursuit of the perfect swing and the simple pleasure of sharing time with a companion.

Above all, he was a warm, caring husband, a fun loving and involved father, and a loyal friend; always there when those around him needed a steady hand, an ear to listen, or simply a ride. He will be missed more than words can express, but his spirit and

wisdom will live on through all who knew him.

Surviving are his wife of 45 years, Louise Boucher Kenney of Rutland, a daughter Jacqueline (husband Henry), a son Edward (wife Claudia), three grandchildren (Liam, Carlo and Zoe), a sister Patricia (husband Kevin), brothers Dick (partner Lisa) and Edward (wife Cathy), beloved Boucher in-laws, and a close-knit circle of friends including an extraordinary group of fraternity brothers.

Private graveside services were held at the Vermont Veterans Cemetery in Randolph, VT. The Rev. Msgr. Bernard W. Bourgeois, pastor of Immaculate Heart of Mary Church, officiated. A remembrance ceremony and celebration of life will be held for all to attend when it is safe to do so. Arrangements were made by the Clifford Funeral Home in Rutland.

In lieu of flowers, memorial contributions may be made to the Rutland Area Medical Community Scholarship Endowment Fund rmc.org/ways-to-give/fundraising.

Lorraine T. Rooney, 89

A funeral Mass for Lorraine T. (Frizzell) Rooney, 89, of Quincy was celebrated Monday in Sacred Heart Church, Quincy.

Mrs. Rooney died Dec. 7.

She was born in Boston to the late Robert and Teresa Frizzell. She grew up in Quincy and was a 1948 graduate of North Quincy High School. Mrs. Rooney worked for many years as a bookkeeper at Quincy Youth Arena and also for Quincy Youth Hockey Association. She was a longtime parishioner at Sacred Heart Church in Quincy.



LORRAINE T. ROONEY

a member of the Castle Island Club and the K Club, treasurer for the William F. Degan Memorial Road Race and was a board member on the Quincy Council on Aging. Mrs. Rooney enjoyed bin-

go, sports, genealogy, crafts, yard sales, and most of all her grandchildren and attending their activities.

Beloved wife of the late William L. Rooney. Loving mother of Teresa Peters and her husband Joseph of Quincy, Mark Rooney and his wife Patricia of Quincy, Karen Stacy and her husband William of Pembroke. Proud Nana Rooney to Matthew Peters, Caitlyn Quinlan, her husband Jacob and their daughter Olivia, Courtney Rand and her husband Allen, Michael Rooney, Brian Rooney, Andrew Rooney, Billy Stacy and his wife Lexi and Tricia Stacy and her fiancé Adam Simpson. Lorraine is survived by many nieces and nephews and predeceased by her brothers Robert V. Frizzell and John "Russ" Frizzell.

Private interment.

Memorial donations may be made to the Juvenile Diabetes Foundation, 60 Walnut St. #102, Wellesley, MA 02481.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Laura Griffin



LAURA GRIFFIN

A Mass of Christian Burial for Laura Griffin of Milton was celebrated Dec. 12 in St. Agatha Church, Milton.

Mrs. Griffin died Dec. 7 surrounded by her loving family.

Beloved daughter of the late Wilmore and Marguerite (Callahan) Holbrow, and stepdaughter of the late Emma (Kutz) Holbrow. Loving wife of the late John J. Griffin. Dear sister of Mary Long of Hingham, the late Frederick Holbrow of Braintree, the late Joan Kavanaugh of Quincy, and the late Wilmore Holbrow of California. She is also survived by her sisters-in-law Judy Griffin of Norwell, wife of the late Dennis Griffin, and Mary Holbrow of California, wife of the late Wilmore Holbrow.

Devoted mother of Katie A. Griffin of Cambridge, Amy M. Lenane and her husband Michael of Milton, John P. Griffin and his wife Christine of Arlington, and Richard H. Griffin and his wife Maureen of Cohasset. Proud grandmother of Emily, John, Henry, William, Olivia, Ella, Ryan and Sophia and loving aunt of many nieces and nephews.

Mrs. Griffin grew up in

she took a job with the Boston Globe, starting out in the Style section and moving to the Metro Section, where she covered the changing landscape of the city in the late 1960s.

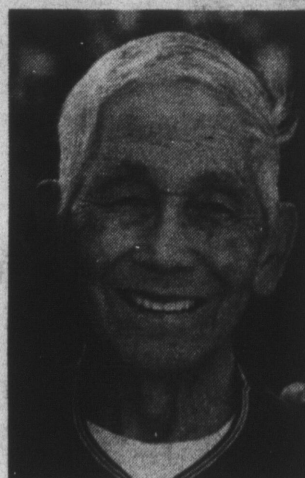
While raising her family in Milton, Mrs. Griffin continued as a journalist, working for several newspapers, including the Patriot Ledger, the Milton Record Transcript, the Quincy Sun and the Milton Times. Mrs. Griffin was passionate about the reporter's responsibility to provide citizens with coverage of the inner workings of their government.

She brought the same enthusiasm to raising her family, entertaining her children with a ping pong table in the back yard, organizing block parties in the neighborhood, and filling up her station wagon with her children, their cousins and their friends for a trip to Nantasket or Wollaston beach.

Mrs. Griffin will be dearly missed by friends, family, neighbors, the readers of her work, and the many people she worked with throughout her career.

Funeral arrangements were made by Dolan Funeral Homes.

Francisco G. Rizal, 87



FRANCISCO G. RIZAL

Francisco G. Rizal, age 87, of Quincy, formerly of Calamba Laguna, Philippines, died peacefully Dec. 7 at home surrounded by the love of his family.

He was the devoted husband of 54 years to Lolita D. (Domingo). Loving father of Belina and her husband, Tanju Tercanli of Summerville, SC and Wilma and her husband Mark Bilton of Duxbury. Cherished Lolo of Andrea, Lauren, Evan and Nuri. Son of the late Ricardo and Margarita Rizal and brother of the late Isidro Rizal, late Rudolfo Rizal, late Anita Rejuso, late Diosdado Rizal & late Cesar Rizal, Cecilio Rizal, Benedicto Rizal, Emilita Mendoza and Zenaida Hernandez. He leaves behind many loved friends and family extending as far as the Philippines. He was a proud descendant of the Philippines' national hero, Jose Rizal.

He and his family are grateful for the compassionate and exceptional care provided by his doctors of many years: Dr. Heng Soon Tan and Dr. Patrick T. O'Gara and their staff at Brigham & Women's Hospital.

Francisco (Frank or Paquito) graduated from Laguna College in Calamba Laguna Philippines with a Bachelors of Science in commerce. He met his wife Lolita at the University of the Philippines where they worked together.

In 1969, they immigrated to the United States with their two year old daughter Belina and shortly thereafter had their second daughter

Wilma. Mr. Rizal retired from Fleet Bank after 25 years working as an accountant.

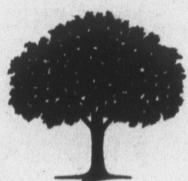
He enjoyed traveling, fishing and golf. He also loved to watch boxing, especially pulling everyone together to watch his fellow countryman Manny Pacquiao. Mr. Rizal also loved to work with his hands and he attended Quincy Vocational Technical School where he learned trades that allowed him to be a handyman.

His most cherished moments were those spent with his grandchildren. It was important to him to attend all of their school award ceremonies and sporting events. His smile and generosity will be missed and remembered by all who knew him.

Visiting hours and interment were private.

Memorial donations may be made to the American Heart Association, 7272 Greenville Ave, Dallas, TX 75231.

Funeral arrangements were made by the Alfred D. Thomas Funeral Home, Milton.



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Susan A. Palma-Buccini, 69

Susan A. Palma-Buccini, age 69, of Weymouth, died peacefully Dec. 3 surrounded by her loving family.

Born and raised in Quincy, she was the daughter of the late Anthony F. and Janet C. (Mechan) Palma. She was a graduate of North Quincy High School, Class of 1970. She earned a BA in English from Suffolk University and then later earned a Master's degree in theatre and theatre education from Emerson College. She studied abroad in Germany during the Cold War era and traveled extensively throughout Europe at a time when it was difficult for young women to travel alone. Yet she was fearless, as she was in all things.

Ms. Palma-Buccini taught high school and middle school but her greatest professional joy came from teaching young adults who were preparing for the GED exam. Always theatrical, she used her sewing skills to make costumes for school productions as well as her children's Halloween costumes. She was a warm, devoted, beautiful, and innately generous soul who always put others before herself.



SUSAN A. PALMA-BUCCINI

She was the beloved wife for forty-two years of Lou "Gino" Buccini and devoted mother of Max A. Buccini and Monica A. Buccini, both of New York. One of eleven siblings, she was the loving sister of Anthony F. Palma, Jr. of Bourne, Robert T. Palma of Plympton, Bruce B. Palma of San Diego, Calif., Mary J. Palma Morse of Quincy, Da-

vid A. Palma of Hull, Janet M. Palma Vlassakis of Hanover, Theresa B. Palma Lawyer of Scituate, and Richard A. Palma of Durham, N.C. She was predeceased by her sister, Nancy M. Palma Morrison, and her brother, Kenneth J. Palma. Susan is survived by many nieces and nephews as well as great nieces and great nephews. Her family meant the world to her.

In accordance with her wishes, a memorial service and celebration of Ms. Palma-Buccini's life will take place in the spring when it is safe for us all to laugh, hug, cry and truly be together.

Memorial donations may be made to World Central Kitchen, Attn: Erin Gore, 655 New York Ave NW, 6th Floor, Washington, D.C. 20001 or by visiting wck.org.

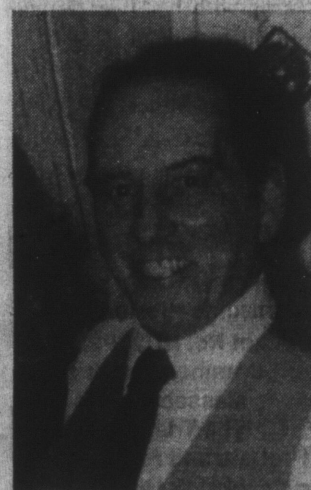
Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy.

John Wilkins

John Wilkins of Quincy, formerly of Beverly, died peacefully Dec. 10 after a short battle with cancer.

He was the beloved husband of Linda (Fitzpatrick) Wilkins of Quincy with whom he shared 23 years of marriage. He leaves his sons Chad Wilkins and wife Kim of Lynn and John Wilkins and partner Julie Dragone of Hanson. He also leaves grandchildren Bryan, James, and Amanda of Lynn and Weston of Hanson.

Mr. Wilkins loved music and was a big part of the Beverly Crusaders and Cardinals marching band in



JOHN WILKINS

his youth. He loved playing guitar and listening to all types of music. Mr. Wilkins

enjoyed fishing and spending time at the beach.

He was predeceased by his parents Russell and Adeline (Santisi) Wilkins. He leaves behind siblings Wayne and Kathy Wilkins of Lynn, Laurie Gagnon of Salem, Marcia and Wayne Masse of Haverhill, and Stephen and Janice Wilkins of Salem, NH. Mr. Wilkins leaves behind many nieces and nephews.

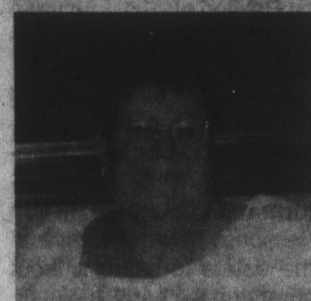
Services will be private. Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

Mary Uvanitte, 69

Mary Uvanitte, age 69, died Dec. 6.

A lifelong resident of Quincy, she was a 2010 graduate of Quincy College's nursing program. She enjoyed quilting, sewing, and the beach.

Daughter of the late Mary and Ralph Suket. Cherished mother of Paul Uvanitte of Quincy. Sister of Judy Suket, Jane West and her husband Bob West



MARY UVANITTE

and the late Ralph "Sonny" Suket Jr. Loving grandmother of James Uvanitte.

Aunt of Jennifer Benton, Jean Burgoyne, Raymond West, John Suket. Also survived by many cousins in Nova Scotia.

Due to the current health conditions a funeral Mass will be private for family and friends of Mary.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

Jacqueline A. Gardner, 76

A funeral Mass for Jacqueline A. (Colton) Gardner, 76, of Quincy, formerly of South Boston, was celebrated Tuesday in Holy Trinity Parish at Most Blessed Sacrament Church, Quincy.

Mrs. Gardner died after a courageous battle against cancer on Dec. 3 at South Shore Hospital in Weymouth.

Born on June 18, 1944, in South Boston, to the late Anthony and Mary Colton. She was raised in Quincy and graduated from Quincy High School in 1963.

Mrs. Gardner was a director for the American Red Cross for 20 years. There she had the pleasure of working with so many wonderful volunteers of the South Shore and was known for her great sense of humor.

She enjoyed gardening and had become a talented painter. Mrs. Gardner loved to travel, especially to Italy,



JACQUELINE A. GARDNER

Puerto Rico, and Aruba. She also loved to spend time with Bill, their dog Brady and family at their lake front home in New Hampshire.

Mrs. Gardner had a great love for her family and cherished the many holidays, birthdays and other celebrations throughout the year.

She is survived by her devoted husband of 55 years, William "Bill" Gardner. Loving mother of William Gardner, Jr. and his wife Diane of Mansfield, Stephen Gardner and his wife Eileen of North Easton, and Michael Gardner

and his wife Debbie of Marshfield. Adoring "Nana" to her 8 grandchildren: Ashley, Lexi, Billy, Zachary, Peyton, Michael, Joey and James. Caring sister to Pauline Colton, Anthony Colton and his wife Marjorie, David Colton and his husband Brian. Sister in law to Claire Harkins and Mary Gardner. Mrs. Gardner will be remembered by her many nieces and nephews. She also leaves her Apricot Poodle, Millie. She will be remembered by all who knew her as a sweet, compassionate person.

Interment at Blue Hill Cemetery, Braintree.

Memorial donations may be made to the Dana-Farber Cancer Institute, P.O. Box 8419168, Boston, MA 02284 or via jimmyfund.org/gift.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

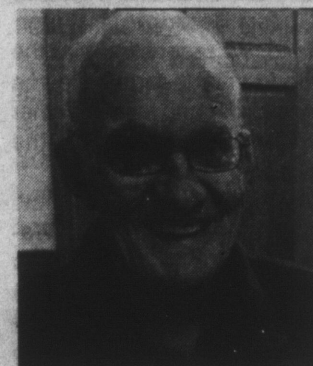
John Keane, 85

A funeral Mass for John "Jackie" Keane, 85, of Quincy, formerly of Co. Galway, Ireland, was celebrated Wednesday in Divine Mercy Parish in Sacred Heart Church, Quincy.

Mr. Keane died peacefully Dec. 7 at Carney Hospital in Dorchester.

Born in Co. Galway, Ireland on October 4, 1935, he was raised in Leenane, Ireland and was the son of the late Thomas and Nora (Faherty) Keane. Mr. Keane immigrated to the United States in 1959 and made Quincy his home. He worked as a laborer for Local 223 in Boston for most of his life, retiring in 1998. He was a proud member of Local 223 for over 50 years.

In his spare time, Mr. Keane enjoyed working his second job as a landscaper, watching the Red Sox and spending time with his grand-



JOHN KEANE

children. Family was the most important part of his life and nothing made him prouder than being a Papa. Mr. Keane was always smiling, ready to lend a helping hand and had a big heart. His life lessons and example are part of his legacy that continues through his children and grandchildren. He will be missed by the many lives he touched.

Mr. Keane was the beloved husband of the late Bridget (Folan) Keane, who died in 2001. The two shared many loving years of marriage. He

was the devoted father of Mary Ellen Murray and her husband Stephen of Quincy and Sean T. Keane and his wife Kathie Anne of Quincy. Mr. Keane was the cherished Papa of five grandchildren - Caroline, Courtney, Maeve, Jake and Bridget. He was the dear brother of Patrick Keane and his late wife Annie of Ireland, the late Martin Keane, the late Philip Keane, the late Thomas Keane and his surviving wife Ann of Quincy and the late Mary Healy. He is also survived by many loving nieces, nephews, extended family and friends.

Interment at Pine Hill Cemetery, Quincy.

Memorial donations may be made to Sacred Heart Church, 386 Hancock St., Quincy, MA 02171.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.



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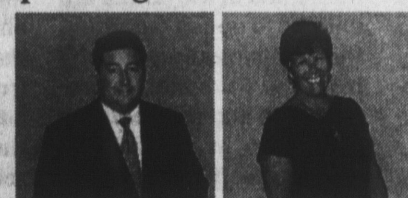
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QUINCY, MASSACHUSETTS 02169

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OBITUARIES

Dorothea A. Scully, 84

Dorothea A. Scully, 84, formerly of Quincy, died Dec. 9 at the Pat Roche Hospice House in Hingham.

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO20P2927EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Josiah G. Lewis
Also known as:
Josiah Garfield Lewis
Date of Death:
05/27/2020

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by John Lewis of Randolph, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: John Lewis of Randolph, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 01/06/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: December 3, 2020
PATRICK W. McDERMOTT
Register of Probate

12/17/20

She was born in Boston to the late Charles and Dorothy (O'Brien) Scully and was the sister of the late Charles F. Scully of Scituate.

Ms. Scully was raised

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO20P2888EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Lois B. Green
Date of Death:
08/10/2020

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Susan Reardon of Waterford, VA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Susan Reardon of Waterford, VA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 01/13/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: December 7, 2020
PATRICK W. McDERMOTT
Register of Probate

12/17/20

in Cambridge and attended Cambridge High and Latin, Class of 1954. Upon graduation, she was employed by New England Telephone Company until her retirement in 1988.

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO20P2925EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Nicole L. Lewis
Date of Death:
03/03/2020

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by John Lewis of Randolph, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: John Lewis of Randolph, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 01/06/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: December 3, 2020
PATRICK W. McDERMOTT
Register of Probate

12/17/20

Ms. Scully was devoted to her mother and cared for her for many years. She had fond memories of family

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO20P2923EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Barbara Carey
Date of Death:
10/30/2020

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Andrew C. Oatway of Quincy, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Andrew C. Oatway of Quincy, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 01/06/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: December 3, 2020
PATRICK W. McDERMOTT
Register of Probate

12/17/20

gatherings, travelling and golfing with friends, annual get-togethers with long time telephone company friends, and her years on the bowling league.

She was a loving aunt to three generations of nieces and nephews including Diane Scully and her husband John LaBrache, Brian Scully and his wife Denise, Michael Scully and his wife Dianne Sferruzza, John Scully and his wife Elizabeth, and James Scully.

Though sad to have her gone from their lives, they know she's at peace and reunited with dearly missed family members.

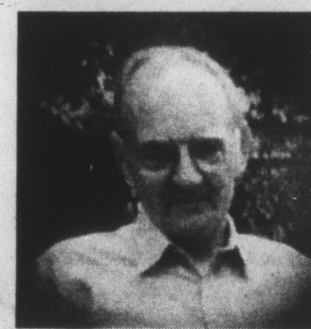
Memorial donations may be made to Norwell Visiting Nurse Association & Hospice at: NVNA and Hospice Charitable Fund, 120 Longwater Drive, Norwell, MA 02061.

Private funeral arrangements are being handled by Dolan Funeral Home of Milton.

Henry Miller

Henry "Hank" Miller of Quincy died Dec. 10.

Loving husband of Edith (Lydon). Cherished father of Henry Jr. and his wife Trish of Braintree, Robert Miller of FL and the late Cheryl Miller. Grandfather of Brianna and Katelyn Miller of Braintree. Brother of Richard Miller and Michael Miller of Quincy and the late Robert Miller. Brother-in-law of Paula Miller of Wey, Barbara Keyes of Plymouth, Jean Miller of Quincy and the late Cathleen Kravitz. Uncle of the late Ricky Miller.



HENRY MILLER

er. Also survived by many nieces and nephews.

Due to the current health conditions funeral services for Mr. Miller will be private.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE
Docket No. NO20P2584EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
June M. Gibbons
Date of Death:
August 21, 2020

To all persons interested in the above captioned estate, by Petition of:

Petitioner Patrick Gibbons of Pembroke, MA.

a Will has been admitted to informal probate.

Patrick Gibbons of Pembroke, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

12/17/20

LEGAL NOTICE

CITATION
Docket No. NO17P2713PO
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division

Case Name:
Hump Realty Trust

To all interested persons:

A petition has been filed by: Zachary Brown of Weymouth, MA

John D. Clancy of South Boston, MA

Paul P. Clancy, III of Dorchester, MA

requesting: Petition for Removal of a Trustee for reasons more fully stated in said petition.

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before 10:00 A.M. on 1/6/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

WITNESS, Patricia A. Gorman, First Justice of this Court.

Date: December 1, 2020
PATRICK W. McDERMOTT
Register of Probate

12/17/20

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On 8-1 Vote, Council OKs New Downtown Land Deal

Cont'd From Page 29

who spoke during Monday's meeting said it was important for the developer to work with those business owners to find a fair solution.

"They are long-term businesses in Quincy. They are people that not only have businesses in Quincy, but live in the city, and we want to make sure they receive a fair and equitable settlement," said Ward 5 Councillor Charles Phelan Jr., whose district includes much of Quincy Center.

"I would like to see they are treated fairly and equitably. You have a track record and I am going to hold you to your word on it. I would hope that is one of your top priorities now moving forward."

Council President Nina

Liang, whose family had to close one restaurant and relocate another during an earlier round of development on the Hancock Lot, said she was "having a little bit of déjà vu back to five years ago." She said it was important for LBC to work with the business owners and that the business owners feel like they can reach out to city government for support.

"These small businesses have been here well before, no offense, LBC was here or any of these other developments were in the downtown," Liang said.

"These small businesses sustained our downtown, they sustained our commercial properties, they sustained the commercial tax base and they did so out of the love for this city. They

didn't do so because they said, 'you know, we're going to have hundreds of units of residential built here in some odd years so hopefully we will stay here for some years hoping we will get this future revenue.'"

Miller said working with the businesses is, "the priority moving forward."

Ward 4 Councillor Brian Palmucci in November had suggested the LDA include additional protections for the city, such as a performance bond, in case LBC is unable to move ahead with construction. Miller on Monday said a bond would be too expensive to acquire in light of the pandemic and doing so would also make it more difficult to secure financing for the project.

"While I can appreciate on the face of it it seems like a good solution, we think that this would ultimately complicate some of the timelines we are committing to," Miller said.

Palmucci said he was OK moving forward without a bond because the city would keep the land if the development does not move forward.

"I'm not going to keep pushing for something that appears to be unreasonable," he said. "The reversion of the land back to the city for failure to perform safeguards the city enough in terms of the same safeguards a surety bond or a performance bond would offer."

Miller in November said preliminary plans for the corner of Hancock Street and Revere Road call for a seven-story building with 230 apartments and 14,000 square feet of retail space. The building would also include 90 parking spaces. The building at the corner of Revere Road and the Dennis, Ryan Parkway would stand six stories tall and contain 130 apartments with 56 parking spaces. Those figures could change as the Planning Board reviews the

proposal.

The developer will pay full property taxes for the new development and will be required to comply with the city's affordable housing ordinance. The developer will also have to make a contribution to the downtown arts fund equal to 1 percent of hard construction costs.

The total cost of the new development is in the range of \$120 million, according to Miller.

In addition to the parking spaces located within the new buildings, LBC would be allowed to allocate some of the 150 spaces it leases in the 712-car municipal

garage on the Hancock Lot for the Nova Residences building to the R2 and R3 developments. On Monday, Miller said the tenants who reside at Nova Residences currently lease 80 parking spaces within the garage.

Geary, the mayor's special counsel, said LBC has invested \$84.75 million into Quincy Center since 2014, including \$35.8 million in land acquisitions, \$6 million in property improvements and \$42 million to construct Nova Residences.

Ward 6 Councillor William Harris said residents should be excited by the new development.

"I think it is a great thing

to finish what is going on downtown," he said while making the motion to approve the LDA. "I see what is going on downtown firsthand on a daily basis and I'm excited and I think people should be excited."

Ward 1 Councillor David McCarthy said LBC's investment into Quincy Center to date is "staggering."

"\$85 million is a staggering number and a great number to see that LBC has invested in Quincy," he said. "It's a good night to be able to second the motion by Councillor Harris for those two parcels and thank LBC for being invested in Quincy."

Four Indicted In Fatal Quincy Stabbing

By SCOTT JACKSON

A Norfolk County grand jury has indicted four people in connection with the fatal stabbing of a 24-year-old man in a Wollaston parking lot in September.

The grand jury on Dec. 9 indicted Allyssa Dellamano of Quincy for murder; Samantha Perrier of Dedham for two counts of misleading investigators; and Alicia Jordan of Brockton and Jeffrey Jordan of Rockland, who are married, with a single count each of accessory after the fact.

Dellamano had been arraigned Sept. 16 on a charge of murder in Quincy District Court. She pleaded not guilty at that time and was held without bail.

Following her indictment, Dellamano will be arraigned in Superior Court on Jan. 13.

During the District Court arraignment, Assistant District Attorney Carolyn Hely said Dellamano was in the parking lot of a Wollaston liquor store with a group of friends the night of Sept. 11 when Cameron Nohmy, age

24, and friends pulled into the lot; Nohmy was in the rear of the pickup truck.

Hely said surveillance footage shows Nohmy leaving the pickup and someone, later identified as Dellamano, walking up to him and stabbing him several times. Nohmy then returned to the truck, Hely said, and his friends called police after he became unresponsive.

Nohmy, a Milton High School graduate and member of Laborers Local 22, was rushed to Boston Medical Center, where he died.

Perrier was arrested in September for one count of misleading investigators and arraigned along with Dellamano. She pleaded not guilty and was held on \$10,000 bail at the time.

The grand jury indicted Perrier for a second count of misleading investigators. She will be arraigned on both charges in Superior Court on Feb. 11.

Jeffrey Jordan was arrested Dec. 9 in Malden by State and Quincy Police. He pleaded not guilty during his Superior Court arraign-

ment the following day. His bail on three outstanding District Court matters — two in Hingham and one in Quincy — was revoked at the arraignment and an additional \$25,000 cash bail was imposed on the accessory charge. Should he post bail at the conclusion of the revocation period, he will be subject to GPS monitoring with an order to stay away from and have no contact with witnesses in this case. He is due back in Superior Court Feb. 10 for a pre-trial conference.

Alicia Jordan will be arraigned in Superior Court on Jan. 6.

In a statement, Norfolk District Attorney Michael W. Morrissey, credited Quincy and Malden Police for their work with investigators from his office.

"ADA Hely and the State Police detectives assigned to our office had great cooperation and support from Quincy Police and the Malden Police Department," Morrissey said. "Now the matter of Mr. Nohmy's murder moves to the Superior Court."

OBITUARY

Frederic A. Santoro

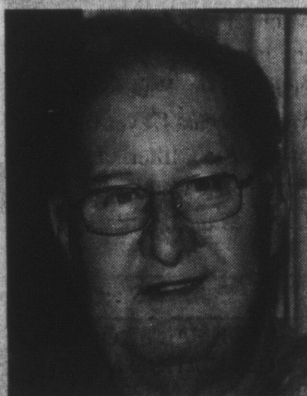
A private Mass of Christian Burial for Frederic A. Santoro of Norwell, a retired Quincy firefighter and brick mason, was celebrated Tuesday in St. Helen Church, Norwell.

Mr. Santoro died peacefully at home surrounded by his family on Dec. 10, just two days after his 86th birthday.

He was born in Waltham in 1934. Mr. Santoro was quite literally made of steel after having a metal plate placed in his forehead after an accident involving a metal barrel exploding near his face when he was just 14. He has escaped many near death experiences over his 86 years, a conversation usually beginning with how he had nine lives.

Mr. Santoro grew up on Uphams Corner in Dorchester and later in Quincy. He attended Boston Trade School and held many different jobs from dishwasher at Durgin Park, to metal welding and assembling, to owning his own restaurant in Dorchester while managing a waterproofing company. He really was a jack of all trades, dabbling in a little bit of everything from carpentry to gardening and cooking, to auto body and mechanics. In 1970, Mr. Santoro joined the Quincy Fire Department and while he loved his career, he also used his creative talents as a brick mason and builder to construct many sets of stairs, walkways, patios, and fireplaces scattered all over the South Shore still in use today.

In the 1960s, Mr. Santoro bought a ski house in Intervale, NH, with a group of friends where he spent many years skiing and having fun. One particular ski season he rented out rooms to a young nurse and her friends. Joan



FREDERIC A. SANTORO

finally fell victim to his beautiful blue eyes and kind smile, becoming his wife. They later sold that house and together built a unique vacation home right around the corner from where they met. Mr. Santoro spent many weekends, vacations and special events with family and friends at his second home in Bartlett, NH.

He leaves his best friend and wife of 49 years, Joan (Cotter) and his children Frederic Santoro Jr. and his wife Kristen of Norwell, his daughter Terri Schaffer and her husband Gary of Norwell, his son Christopher Santoro of Weymouth, granddaughters Aimee and Nicole Schaffer and Lillian Santoro and grandson Frederic (Eric) Santoro III. He also leaves his sister Nancy Carson of Murphy, North Carolina and her two daughters Laurie and Cindy and her son Craig, as well as his nephew Steven Lukosius of NY.

Interment at Stetson Meadows Cemetery, Norwell.

Memorial donations may be made to EC Week, Camp Fatima, 32 Fatima Rd., Gilmanston Iron Works, NH 03837 (ecweek.org) or Norwell VNA and Hospice, 120 Longwater Dr., Norwell, MA 02061.

Funeral arrangements were made by McNamara-Sparrell Funeral Homes.

NOTICES OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING

In Accordance with the provisions of MGL CH. 131, SEC. 40, The Wetlands Protection Act and The Quincy Wetlands Protection Ordinance, The Quincy Conservation Commission will hold a public hearing on Wednesday January 6, 2021 @ 5:30 PM to consider a Notice of Intent filed by Hieu Vinh to permit the construction of two single family homes located at 45 and 49 Babcock Street within Land Subject to Coastal Storm Flowage.

ZOOM Video Communication link for this meeting:

Join Zoom Meeting
https://zoom.us/j/95897670863?pwd=W1VNWmVsb01oLzZ0OTNUT1RFcmN1dz09
Meeting ID: 958 9767 0863
Passcode: Quincy
Dial by your location
1 646 558 8656 US (New York)
Meeting ID 958 9767 0863
Password: 410933

Find your local number: https://zoom.us/j/95897670863

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System https://quincyma.viewpointcloud.com/ and entering the property address. Call Quincy Conservation @617-376-1485 for further assistance.

4247/20

NOTICES OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING

In Accordance with the provisions of MGL CH. 131, SEC. 40, The Wetlands Protection Act and The Quincy Wetlands Protection Ordinance, The Quincy Conservation Commission will hold a public hearing on Wednesday January 6, 2021 @ 5:30 PM to consider a Notice of Intent filed by: Jean Curran to: Raze existing house and construct new 2-1/2 story house.

At: 30 Elcott Road

ZOOM Video Communication link for this meeting:

Join Zoom Meeting
https://zoom.us/j/95897670863?pwd=W1VNWmVsb01oLzZ0OTNUT1RFcmN1dz09
Meeting ID: 958 9767 0863
Passcode: Quincy
Dial by your location
1 646 558 8656 US (New York)
Meeting ID 958 9767 0863
Password: 410933

Find your local number: https://zoom.us/j/95897670863

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System https://quincyma.viewpointcloud.com/ and entering the property address. Call Quincy Conservation @617-376-1485 for further assistance.

4247/20

CLASSIFIEDS

SERVICES	SERVICES	SERVICES	SERVICES	SERVICES	SERVICES
DERRICKS PAINTING <i>When Quality Counts</i> Interior/Exterior Home Repairs Gutter Cleaning References Available 617-851-1688 Licensed/Insured	KERRY CONSTRUCTION INC. CARPENTRY, GUTTERS, DECKS REPLACEMENT WINDOWS & DOORS SHINGLE & RUBBER ROOFS FULLY INSURED & LICENSED JIM AT 617-825-0592	WIGS Patricia & Company Quality & Affordable Call for an appointment Weymouth 781-335-4700	<i>Merry Christmas & Happy New Year</i>  See you in 2021! God Bless all of our essential workers Image Landscaping Bill Foley - Owner Operator (617) 471-0044	T & M Landscape Co.  Snow Removal Free Estimates 617-733-4554 ~AFFORDABLE RATES~	French tutoring and travel advice from seasoned France traveller See: www.cafesandcarousels.com Call 617.276.6718 or email borekvv@gmail.com
Gutter Cleaning Avoid Costly Repairs Later Prices Start at \$95 Insured Call John at 617-775-4601	Don't forget E & T Ceramics for your last minute Christmas trees and gifts 367 Billings Rd., Wollaston 617-479-4107	M&M SALVAGE - CLEANOUTS - CASH FOR CARS - FREE SCRAP REMOVAL 617-842-8205	 Residential & Commercial Licensed & Insured We'll work with you! Gas/Oil Heating Systems - Water Heaters Plumbing & Heating Emergency Service - Free Estimates 617-774-9003 janskymech@gmail.com MA Lic. #15288	J.F. ROOFING Co. QUINCY, MA • Shingles • Rubber • Slate • Copper • Vinyl Replacement Windows 617-471-8216 CREDIT CARDS ACCEPTED	Silk screening done on t-shirts, sweatshirts, hats, jackets by the T-shirt Master Call Rich at 617-472-8658
		HANDYMAN Roof Repairs • Vinyl Siding Restoration • Masonry Doors/Windows • Decks • Painting 781-299-4269 Free Estimates - Lic & Ins.			

Want to pick up a copy of The Quincy Sun?
Here are stores in Quincy that sell it on their newsstands:

GOODIE'S STORE 1250 Hancock St., Presidents Place	ARTERY GROCERY 1000 Southern Artery	7-11 721 Hancock St.
NEW STORE ON THE BLOCK 1183 Hancock St., Quincy Ctr. T Station	7-11 495 Washington St.	BEALE ST. NEWS AND TOBACCO 17 Beale St.
HANCOCK MARKET 1500 Hancock St.	DAIRY FARM 330 Washington St.	CVS 42 Beale St.
MIGNOSA'S FRUIT BASKET 138 Granite St.	7-11 230 Washington St.	COFFEE BREAK CAFE 12 Old Colony Ave.
STAR MARKET 130 Granite St..	STOP & SHOP Southern Artery	SUPREME LIQUORS 615 Hancock St.
WALGREENS 132 Granite St.	CVS Southern Artery	MULLANEY'S VARIETY 205 W. Squantum St.
FRANKLIN ST. BP 60 Franklin St.	7-11 650 Adams St.	STOP & SHOP 65 Newport Ave.
7-11 78 Franklin St.	VILLAGE COMM. MARKET 100 Willard St.	7-11 363 Hancock St.
SHOP N SAVE LIQUORS 20 Independence Ave.	COPELAND LIQUORS 273 Copeland St.	WALGREENS 324 Hancock St.
DONUT + DONUTS + MUFFINS 33 Scammell St.	GRANITE MART 308 Willard St.	SAM'S VARIETY 125 Billings Rd.
PRESIDENTIAL LIQUORS 25 Scammell St.	7-11 Copeland St.	LUCKY'S WINE & LIQUOR 66 Newbury Ave.
ADAMS VARIETY 22 Independence Ave.	JOE'S PLACE 260 Centre St.	ATLANTIC MARKET & LIQUORS 247 Atlantic Ave.
DAILY MART 291 Quincy Ave.	CORNER FOOD MARKET 1060 Hancock St.	CARMINE'S CAFE 69 Huckins Ave.
ROCHE BROTHERS The Falls	200 FOOD MART 200 Sea St.	7-11 751 E. Squantum St.
WALGREENS 418 Quincy Ave.	ADAMS SHORE SUPERMARKET 494 Sea St.	LUCKY SHAMROCK 265 Beale St.
WALGREENS 550 Adams St.	PALMER STREET MARKET 231 Palmer St.	EVEREST MARKET 121 Standish Ave.
	BERNIE'S GENERAL STORE 1147 Sea St.	5 CORNER FOOD MART 163 Newbury Ave.
		WEST ELM VARIETY 139 W. Elm Ave.

The Quincy Sun CLASSIFIED AD FORM

MAIL TO: THE QUINCY SUN, 1372 HANCOCK STREET,
QUINCY, MA 02169

PAYABLE IN ADVANCE. Payment must accompany order.

INDEX		RATES	
☐ Services	1 WEEK	☐ \$9.00 for one insertion, up to 20 words, 10¢ for each additional word.	
☐ For Sale	2-4 WEEKS	☐ \$8.00 per insertion up to 20 words for 2-4 insertions of the same ad, 10¢ each additional word.	
☐ Autos	5-10 WEEKS	☐ \$7.50 per insertion, up to 20 words, for 5-10 insertions of the same ad 10¢ for each additional word.	
☐ Boats	11 WEEKS OR MORE	☐ \$7.00 per insertion, up to 20 words, for 11 or more insertions of the same ad 10¢ for each additional word.	
☐ For Rent			
☐ Wanted			
☐ Help Wanted			
☐ Work Wanted			
☐ Pets			
☐ Lost & Found			
☐ Real Estate			
☐ Antiques			
☐ Flea Markets			
☐ Yard Sales			
☐ Instruction			
☐ Day Care			
☐ Personal			
☐ Miscellaneous			
☐ Enclosed is \$ _____ for the following ad to run _____ weeks in The Quincy Sun.		COPY: _____	
NO REFUND WILL BE MADE AT THIS CONTRACT RATE IN THE EVENT OF CANCELLATION. DEADLINE: FRIDAY AT 4PM. PLEASE INCLUDE YOUR PHONE NUMBER IN AD.			

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Quincy High School Announces Homecoming King, Queen



THESE PHOTOS show the 2020-2021 Quincy High School Homecoming Court and this year's King and Queen Jack Nelson and Stephanya Mendes. Pictured in the King's Court (front to back) Jack Nelson, Campbell Tierney, Robert Donovan, Matthew Kelly, and Will Cook. Pictured in the Queen's Court (front to back) Stephanya Mendes, Kayleigh Caldwell, Alyssa Ryan, Emma Lyons and Dea Avdulla.

Photos Courtesy Quincy High School

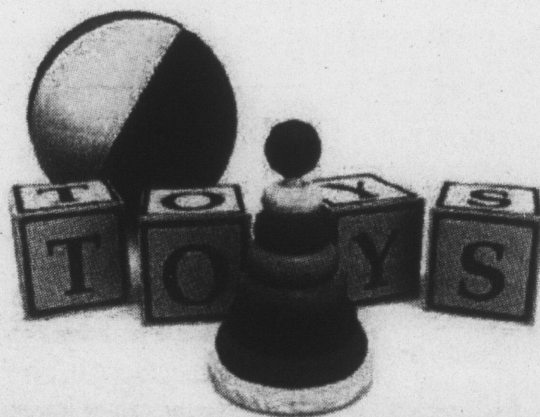
Friends Of Wollaston Beach Encourages Donations To Interfaith Social Services

The Friends of Wollaston Beach, like so many other civic, environmental and social groups, was inactive in 2020.

There was no Annual Meeting, no Kids Fest, and no Tot Lot events. Even the organized signature beach cleanups were put on hold. Thankfully, Individual members continued the

practice of informal cleanups throughout the season.

President Maureen Mazrimas said there is one event the FWB would like to promote in spite of the pandemic. "Although it's not possible to get together in person, the FWB would like to encourage 'virtual' participation in the annual Dick Herbert Toy Drive. For



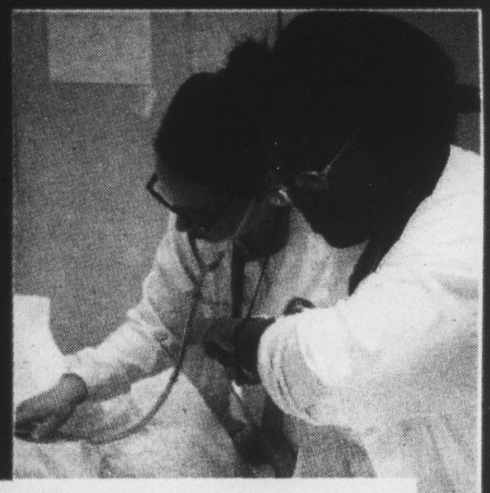
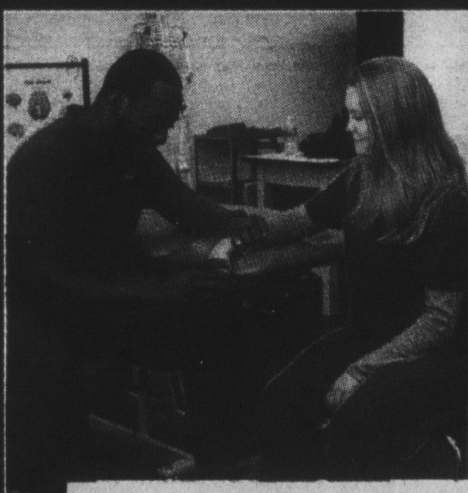
those who are unemployed, underemployed, suffering food insecurity or facing tough times, this is not the 'Most Wonderful Time of the Year.'" The "virtual" drive will not take the form of a WebEX or Zoom call, just a suggestion that if you are able to make either a monetary donation, or a donation of toys to Interfaith

Social Services, 105 Adams St., Quincy, MA 02169, 617-773-6203, it would be appreciated.

FWB will make a donation in Dick Herbert's name to continue the tradition.

The FWB would like to wish everyone a happy, healthy and safe holiday season and a hope-filled 2021.

QUINCY COLLEGE



Winter & Spring 2021 classes start January!

Allied Health Programs offered at Quincy College:

- Biotechnology and Good Manufacturing Practice
 - Emergency Medical Technician
 - Exercise Science & Personal Training
 - Healthcare Foundations
 - Medical Laboratory Technician
 - Phlebotomy
 - Physical Therapist Assistant
 - Surgical Technology
 - Practical Nursing (PN)
 - Nursing (ASN)
- ... and many more!

Contact Quincy College at admissions@quincycollege.edu / 617-984-1710



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Happy Holidays

from the Department of Public Works

55 Sea Street,
Quincy, MA 02169
617-376-1957

curbside collection

There is **no curbside collection** of trash on Friday,
December 25, 2021. Collection for the week is delayed one day.

The DPW and the DPW rear yard are **closed** on Friday,
December 25 for the Christmas holiday.

There is **no curbside collection** of trash on Friday, January 1,
2021. Collection for the week is delayed one day.

The DPW and the DPW rear yard are **closed** on Friday,
January 1, 2021 for the New Year holiday.

Christmas trees will be collected curbside on your regular
trash day during the weeks of December 28 and
January 4. Christmas trees with lights,
decorations or wrapped in plastic bags
will **NOT** be collected.

Be a Good Neighbor!

Keep your sidewalk and steps clear of
snow and ice for the mail carrier,
police and fire fighters. Don't force school
children to walk in the street. Help your
elderly neighbors to shovel.

There are 9,329 catch basins near your home or
business. Clearing catch basins in the city
will allow rain or melting snow
to enter the drainage system and enhance
flood control efforts.

There are 2,549 fire hydrants in the city.
Don't pile snow to obstruct a fire
hydrant. In the interest of
safety, clear and shovel out
nearby fire hydrants.

Thank You!

2020-2021 Winter Parking Rules

Through April 15, 2021

DURING A SNOW EMERGENCY:

- No parking is allowed on either side of Emergency Arteries.
- Residents are allowed to park on the **EVEN** numbered side of non-emergency arteries.
- Residential parking permits are void during snow emergencies.
- Overnight parking on the street is prohibited without a residential parking permit available at the Quincy Police Department at 617-479-1212.
- To find out if a snow emergency has been declared call 617-770-7669, log onto quincyma.gov or tune into QATV channels 8 and 9.
- For more information call the **SNOW HOTLINE** at 617-376-1927.

Get instant alerts and information on snow
emergencies and other City-related events
automatically sent to your e-mail through
"MY Q" at www.quincyma.gov.

DPW Rear Yard

The rear yard is open year-round, Monday
thru Friday from 7:30 am to 3 pm, weather
permitting. We accept yardwaste, recycling,
appliances, scrap metal, textiles, books, CDs
and mercury products. The DPW rear yard is
closed on Saturdays until March 2021.

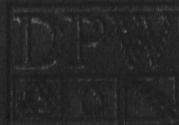
A MA Driver's License with a Quincy
address is required to enter
the rear yard.

CONSTRUCTION DEBRIS

Construction debris, including toilets, are not
collected curbside. Arrange for a private
contractor such as Willard Disposal in Quincy at
617-413-3275, Champion City in Brockton at
(508) 941-6700 and Stoughton Recycling
Technologies at (781) 341-9920 to dispose of
construction debris.

The DPW rear yard does not accept
trash or construction material.

THOMAS P. KOCH
MAYOR



ALFRED J. GRAZIOSO
COMMISSIONER